Chrisp Street parties hard

Hundreds attend festival featuring bands, dancing, and food and drink

SEE PAGE 2

Hoppy days here again

Event revives memories of old East End tradition

SEE PAGES 20 & 21

Harvest for the Globe

Community gardeners enjoy bumper crop in their first year

SEE PAGE 27

ISSUE 977 16 - 22 SEPTEMBER 2013

WWW.TOWERHAMLETS.GOV.UK

TOWER HAMLETS

eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Mayor Lutfur Rahman with councillors, residents and campaigners taking part in the counter demonstration in Whitechapel

We will not be divided

Community stands firm against EDL

BY STAFF REPORTER

COMMUNITY leaders have expressed their relief that a march by the English Defence League passed off without any major incident.

Members of the far-right group crossed Tower Bridge from Southwark and stopped at Aldgate High Street, as planned with the police.

They were then escorted by police back over Tower Bridge.

A counter demonstration organised by United East End and United Against Facism saw hundreds of residents from different backgrounds expressing opposition to the EDL.

Speaking at the end of the day on Saturday, September 7, Mayor Lutfur Rahman said: "I am pleased our plans to prevent the EDL from spreading disruption and racism in our borough were successful.

"In fact, it was a chance for our communities to come together and strongly reject the messages of hate the EDL represent.

"The council, its partners and the local community have remained united in the face of a divisive and disruptive group and our message that our borough is 'no place for hate' has never been stronger.

"We will continue to oppose anyone who would wish to incite hatred against others because of their religious belief, ethnic origin or sexual orientation in Tower Hamlets, and we will continue to do all we can to ensure our communities remain safe, cohesive and united."

Cllr Sirajul Islam, leader of the Labour group on the council, said: "I was proud to stand united with our diverse community last Saturday.

"The EDL may think they can divide us, but they are wrong. Tower Hamlets is proudly a place where different communities respect each other's culture and heritage, we shall not allow the EDL to threaten that."

Continued on page 5

Pay As you Go Sim
Game Changing Rates that never Expire
3 BUY
buy3.co.uk
3p/min
2p/text
1p/MB
Talk, Text and Browse your heart out with just 3p a minute, 2p a text and 1p a MB.
Once you've topped up, the rates you get don't change after 30 days; they last until you use your last penny. The next time you top up they'll still be there to use over and over again.
Order your Three Sim today at buy3.co.uk
Chytel, 162 Mile End Road, London, E1 4LJ
LONDON PHONECOMPANY

cityfox estate agents
Rent Guaranteed · No Management Fee
020 7791 5333 · www.city-fox.co.uk
190 Mile End Rd, London E1 4LJ - Terms & Conditions Apply

Fresh, fruity and local

New stalls selling fresh fruit and vegetables will become regulars at Chrisp Street Market from Mon to Sat.

Part of a fifties brave new world

Chrisp Street Market in Poplar, with its landmark clock tower, was built in 1951 as part of the Festival of Britain and was the first purpose-built pedestrian shopping area in the country.

WWW.POPLARHARCA.CO.UK

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.
Tel: 7364 3179 Fax: 7364 4917
Email: eastendlife.news@towerhamlets.gov.uk

TOWER HAMLETS

eastendlife

Editor Laraine Clay
Tel: 7364 3179

Deputy Editor Helen Watson
Tel: 7364 3173

Reporter
Jessica Odubayo
Tel: 7364 4365

Photos
Tel: 7364 3253

Advertisement Manager
Sharan Ahmed
Tel: 7364 4061

Senior Advertising Sales Executive
Christine O'Doherty
Tel: 7364 4994

Senior Advertising Sales Executive
Fatima Khan
Tel: 7364 4623

Senior Advertising Sales Executive
Laura Andru's
Tel: 7364 0946

Advertising Production Controller
Terri - Leigh Knight
Tel: 7364 4682

Distribution Manager & Finance
Abdul Miah
Tel: 7364 0474

East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week.

abc

The official independently audited door-to-door delivery is 83,428 Audit Bureau of Circulation (ABC Regional) July-December 2012.

East End Life was the first weekly newspaper produced by a local authority in the UK with a net cost of 4.6p per copy per week to produce. Paid-for advertisements are carried to keep costs to a minimum.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

soundtalking

East End Life is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email mariette@soundtalking.co.uk

Printed by Trinity Mirror.

Distributed by The Distribution Company, Bow Triangle, E3.
Tel: 8983 9944

If you know someone who does not receive *East End Life* call 7364 0474 or email abdul.miah@towerhamlets.gov.uk

Music in the market

Festival fever comes to Chrisp Street

BY ANNA WILSON

HUNDREDS of people turned up to enjoy live music, arts, crafts and fresh food at the first Chrisp Street Festival on Sunday, September 8.

Held between Chrisp Street Market and Langdon Park, with a Routemaster bus ferrying visitors between the two sites, the all-day event included live music, fairground rides, street performers, pop-up cinema after dark and public art displays.

Creative kids got into mask making, face painting and expressive art workshops.

The day, with a theme linking it with the 1951 Festival of Britain, was organised by housing association Poplar Harca where staff said they were thrilled with the turn-out.

Chief executive Steve Stride said: "We've had fantastic feedback – both from residents and people who travelled from out of the area to help us celebrate everything that's great about Poplar.

"We know that these types of events have a tangible effect on the way our residents feel and are already planning our Christmas celebrations."

The day saw hot food stalls and cooking demonstrations using fresh fruit and vegetables from new vendors who will be taking up regular residence at the market from Monday to Saturday.

Somen Banerjee, director of Public Health Tower Hamlets, added: "We hope local residents will continue to enjoy the healthy, fresh food from the new vendors on a regular basis to support local business."

From top left: The Hackney Colliery Band; the festival parade; a Routemaster bus that ferried crowds from the market to Langdon Park; taking a ride with Ben 10

Chrisp Street parties hard
Hoppy days here again
Harvest for the Globe
ISSUE 977 16 - 22 SEPTEMBER 2013
WWW.TOWERHAMLETS.GOV.UK
eastendlife
NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY
We will not be divided
Community stands firm against EDL

Inside this week's issue

School open days....4, 10-14
Mayor's page....6
Useful information....8
Volunteers clean-up....13
History....15
Council information....16 & 17
Harmony....18 & 19
Hop festival....20 & 21
Out & About guide....22 & 23
Property....27-32
Recruitment & training....33 & 34
Sport....36-40

No child should be too hungry to learn

"Free lunches for young primary school children is an investment that will pay off by improving child health, raising educational attainment and relieving pressure on hard-pressed family budgets."

ALISON GARNHAM, CHILD POVERTY ACTION GROUP CHIEF EXECUTIVE

Help clean up the river

The annual Cleaner Thames Challenge helps tackle the build-up of rubbish on the river foreshore.

SEE BELOW

News

BY IAN READ

Dianne serves up lunch to Mayor Lutfur Rahman, Myles Bremner, Cllr Oliur Rahman and children

Hot, nutritious and free – school lunch is served

TOWER Hamlets has become one of the few local authorities to take the step of funding meals for all reception and year 1 pupils, to ensure they receive at least one hot and nutritious meal a day.

In March the council agreed the £2.76 million investment, which will fund the scheme for the next two academic years.

As he formally launched the free school meals scheme at Bygrove Primary School in Poplar last week, Mayor Lutfur Rahman said nearly 4,000 children would benefit from the initiative.

"I am determined to do all I can to improve educational achievement and opportunities for young people in Tower Hamlets and we know that a healthy lunch is one of the keys to children learning better," he said.

"I am proud we are one of those local authorities leading the way on this issue."

The move will benefit 3,943 children over two years at 74 schools.

Since the council announced its plans for free school meals in March, the idea has become a key part of the government's education policy.

In July a report commissioned by Education Secretary Michael Gove, entitled the School Food Plan, called for all primary pupils to be provided with free school meals, saying there was a clear link between good nutrition and strong academic performance.

It highlighted that school meals were generally healthier than packed lunches.

Myles Bremner, who left his position as chief executive of national food growing charity Organic Garden to roll out the report's actions, supports the Tower Hamlets' scheme.

Speaking at the launch last Wednesday, he said: "The School Food Plan recommended that government should embark upon a roll-out of free school meals for primary schools. We are delighted that boroughs including Tower Hamlets are leading the way in funding this important provision."

Mr Bremner and Mayor Rahman joined Bygrove pupils for lunch, along with cabinet member for children, schools and families, Cllr Oliur Rahman.

They enjoyed their choice of vegetarian chilli or roast chicken with vegetables.

Cllr Oliur Rahman said: "The children were telling me that they love school dinners and I can see why.

"The unappealing canteen meals that I and many other parents remember from my schooldays are thankfully a thing of the past.

"Modern-day school meals are home-cooked with fresh, ethically sourced ingredients, and bursting with flavour and goodness.

"There's no reason why these shouldn't be made available to as many children as possible."

Tributes to PC Wadud, 29

TRIBUTES have been paid to a Tower Hamlets police officer who died in a road accident on Sunday, September 8.

PC Shazahan Wadud, 29, died in Wanstead, while driving to work on a motorcycle.

Borough police commander Dave Stringer said he was "deeply saddened" by the death of PC Wadud, who had served in the borough for six years.

"Shazahan was a highly motivated and professional officer who was held in high esteem by all of his colleagues," Ch Supt Stringer said.

"He was sensitive in nature and had a great sense of humour. Shazahan was a Muslim officer and it was with pride in his heritage that he served his local community.

"Shazahan leaves behind a partner and two children and a large extended family, all of whom he was very proud of. I extend my deepest sympathy to all of them."

A 66-year-old man was arrested on suspicion of causing death by dangerous driving.

Khat ban – info day

AN information day is being held from 12-3pm on Tuesday, September 17 at Open House, 13 Whitethorn Street, Bow to raise awareness about the proposed banning by the government of the herbal stimulant khat.

News in brief

Family fun day

YOUTH and community worker Ataur Rahman, who over the last three years has raised more than £50,000 for community activities and events, is hosting a family fun day on Saturday, September 21.

The event starts at 12noon at Tarling East community centre, 63 Martha Street, Shadwell.

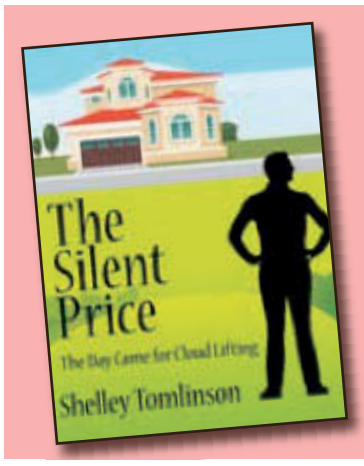
Call 7423 9146 for details.

IoD river clean-up

RESIDENTS are being invited to help clean up the capital's river foreshore this Friday, September 20 from 8-11am.

The Cleaner Thames Challenge is suitable for volunteers of all ages and abilities. Under-16s require adult supervision.

Meet at Newcastle Draw Dock, Saunders Ness Road, Isle of Dogs. Email **chris.coode@thames21.org.uk** or call 07813 799757.



This is a fascinating book and can be enjoyed by all ages.

Found on Amazon. Key words are The Silent Price.

Also borrow from the Kindle Library.

METROPOLITAN AND CROWN

COME AND SEE OUR NEW OFFICE

789 Commercial Road, St Anne Street, Limehouse, London E14 7HG

RENT GUARANTEED 52 weeks of the year!

£500 CASH INCENTIVE FOR LANDLORDS*

1, 2, 3, 4 bedroom flats/houses wanted

- Monies **paid instantly** upon signing T&C Applies.

- 3/5 years Leasing option
- No void period
- No Management fee

OFFICIAL SUPPLIER — Did you know? We are the official leasing agents and preferred choice for your local authority

t 020 7538 8887 Lines open 24 hours
info@metropolitanandcrown.com
www.metropolitanandcrown.com

WE GUARANTEE TO LET YOUR PROPERTY ON THE SAME DAY *T&C APPLIES

Controversial scheme

The government gave the go-ahead for a High Speed Rail network – called High Speed Two (HS2) – in January 2012.

New face at the Tower

"I have had to get used to having my picture taken. The other yeoman warders have been extremely welcoming, friendly and helpful; it is very much a family atmosphere."

FORMER MARINE ANDY MERRY

News

On the fast track to a career

BY JESSICA ODUBAYO

YOUNG people from the borough have been given the chance to kickstart their carers by working on one of the biggest projects in the country.

Abu Sahid, Jake Arkle and Manzoor Shams have been offered apprenticeships on the planned high-speed railway running from London to Birmingham and beyond.

HS2 Ltd teamed up with the Evening Standard's Ladder for London campaign and Limehouse-based charity City Gateway to employ them.

After their pre-apprenticeship training with City Gateway, they are now carrying out administrative duties and managing mini projects through to completion.

Abu Sahid, Jake Arkle and Manzoor Shams

Abu, who has joined the public enquiries team, said: "Working for HS2 has been a great experience, as it is such a high profile project to work on. It has provided me with so much support. I'm really looking forward to the year ahead and the challenges that await me."

Jake, an apprentice in the IT department, said: "I am really enjoying my time here. The people are so friendly and supportive. The experience I have gained will stand me in good stead for the future."

Manzoor, who is also working in the public enquiries team, added: "Each day seems to provide a new challenge, which keeps you on your toes – definitely one of the most rewarding aspects of working here."

HS2 Ltd chief executive Alison Munro said: "Through HS2 our apprentices will gain excellent work experience.

"Our scheme provides the ideal start for a young person seeking that first step on the career ladder and we are committed to maximise the creation of new apprenticeships."

The apprentices will spend four days a week with HS2 Ltd and one day with City Gateway to complete their NVQ training.

Proud to be a Beefeater

A FORMER Royal Marine has swapped his green beret for a Tudor uniform to take up an appointment as a Beefeater.

Andy Merry, 46, is getting to grips with the ancient ceremonies at the Tower of London after 24 years with the Marines.

Mr Merry, who grew up in Kent before moving to Somerset, now lives in Canary Wharf with his wife and two teenage children.

Once he completes his training he will take up residence in the Tower along with the 36 other yeoman warders.

"I am very proud to call myself a yeoman warder as it is such a prestigious job, but I have had to get used to having my picture taken," Mr Merry said.

RAINE'S FOUNDATION SCHOOL

Approach Road, London, E2 9LY
Upper School Tel: 020 8981 1231 Fax: 020 8983 0153
Lower School Tel: 020 8709 5029 Fax: 020 7739 3194
e-mail: success@rainesfoundation.org.uk | Website: www.rainesfoundation.org.uk

IMPORTANT DATES

Open Day Tours - Upper School (Approach Road)

Monday 16th September	9.15 – 10.30 am
Tuesday 17th September	9.15 – 10.30 am
Wednesday 18th September	9.15 – 10.30 am
Thursday 19th September	9.15 – 10.30 am
Friday 20th September	9.15 – 10.30 am
Friday 27th September	9.15 – 10.30 am
Thursday 3rd October	9.15 – 10.30 am
Friday 4th October	9.15 – 10.30 am

Open Evening - Talk and Tours Upper School (Approach Road)

Wednesday 25th September
5.00 pm – 7.00 pm

Thursday 3rd October
5.00 pm – 7.00 pm

Quotes from Ofsted 2011

The average child at Raine's passes 13 A*-C grades

"Students enjoy harmonious relationships with each other and show considerable respect, tolerance and understanding for each other's religious beliefs, backgrounds and ethnic origins. They are overwhelmingly positive about the school and say that that they are extremely well cared for and feel exceptionally safe".

"Care, guidance and support are outstanding, assisted by the work of the school chaplain, who has a considerable influence on the school and the local community. Students enjoy school, as reflected in their high levels of attendance."

Parents said to OFSTED..

"their children enjoy school and that the school keeps them safe, meets their needs and informs them about their children's progress. The school takes account of their suggestions and concerns and that they are helped to support their children's learning".

A challenge to tackle hate

The No Place for Hate pledge places responsibility on organisations, individuals and communities to challenge hate and discrimination in Tower Hamlets. Sign the pledge at...

WWW.TOWERHAMLETS.GOV.UK

A decade of defiance

East London Against Arms Fairs has been opposing the weapons expo since it first came to ExCeL in 2001.

HTTP://ELAAF.ORG

Demonstrators against the EDL make their feelings known

Hundreds take part in demonstrations

Continued from page 1

Conservative group leader Cllr Peter Golds said: "We should thank the police for ensuring that the EDL did not march into this borough. I know residents reject their message and what they stand for."

Respect group leader Cllr Fozol Miah added: "I would like to congratulate and thank the people of Tower Hamlets and all the organisations present at the counter EDL demonstration.

"Once again, residents proved we are a multi-cultured, multi-religious borough and we will not allow the racists to divide our community."

There were no incidents of reported damage to property, businesses or landmarks and the council's rapid response team and Tower Hamlets enforcement officers were on hand throughout the day, to provide support to the police.

Three hundred people were arrested at both demonstrations, 14 of which were arrests were for a variety of offences, including violent disorder and criminal damage.

In addition, 286 people were arrested for breaching the conditions imposed on them, most of whom were part of the counter demonstration.

All 286 have been bailed to appear at various central London police stations from dates in October.

Cllr Sirajul Islam

Protesters block arms trade gala

BY JESSICA ODUBAYO

PROTESTERS blocked the entrance of the Troxy in Limehouse, where a gala event for delegates of a defence trade fair was held last Thursday.

The Defence Systems & Equipment International exhibition (DSEI) brings together companies in the defence and security industry at ExCel, in Royal Victoria Dock, every two years, despite continued criticism from many local people.

Campaigners say business conducted at the exhibition, held last week, has deadly consequences around the world.

Throughout the week, groups – including members of Stop The Arms Fair, Tower Hamlets Campaign for Nuclear Disarmament (CND), East London Against the Arms Fair and Campaign Against the Arms Trade – held daily direct action to disrupt and blockade the event.

Lifelong East Ender Bill Perry, 66, said: "The arms trade is evil. It fuels conflicts around the world. East London was bombed more than any other place during the Second World War.

"As a member of East London Against the Arms Fair, I took part in all the protests to prick the conscience of participants in the exhibition, raise awareness and let the public know about the fair.

"People are disgusted about what is going on."

Anne-Marie O'Reilly, who joined in the protest at the Troxy, said: "We wanted to confront attendees with the consequences of the arms trade.

"They had to walk past us in shame.

"We don't want an arms fair here."

Len Aldis, chair of Tower Hamlets CND, said he gained entry to the exhibition and visited some of the stands, where he told exhibitors that he wished they weren't there to sell goods that kill people.

"It was sickening to see all those weapons, especially when you think about what they are being used for in places like Syria," the veteran anti-war campaigner told East End Life.

Get help with your next move

ARE you thinking about getting a job, going to college or doing voluntary work but don't know where to start?

If so, the council is hosting a free careers fair on Tuesday, September 17 from 2-4pm at the Mile End Ecology Pavilion.

Your Next Move is specifically for young people aged 16-19 who are not working, at school or in training.

The event hopes to put youngsters in touch with employers, voluntary groups and training organisations.

Representatives on the day include the council's job brokerage, Skillsmatch and one of the UK's most innovative IT and business services providers, Agilisys.

Cllr Oliur Rahman, cabinet member for children services, said: "Young people will be able to speak to industry professionals and find out about the vast amount of opportunities available to them.

"I highly recommend this to anyone who wants some advice on planning their next move."

Mayor Lutfur Rahman added: "Your Next Move gives young people a chance to get valuable advice to help them make an informed choice."

For more information about the event and support available contact Lipe Begum on 7364 5834 or email **lipe.begum @towerhamlets.gov.uk**

LIMEHOUSE DAY NURSERY

Quality Affordable Childcare

Limehouse Day Nursery has been providing quality affordable childcare in Docklands for over 28 years.

Our nursery provides childcare for babies aged 3 months old and above.

We understand the importance of knowing that your child is provided with stimulation and fun, in a safe caring environment, in which they thrive and develop their own individual personalities.

Please do come and see for yourself.

Fees

3 months to 2 years £1,000 per month

2 to 4 years £780 per month, if eligible for 15 hours of free childcare

For further details
call 020 7538 3355
or email:
limehousearches@btinternet.com
www.limehousedaynursery.co.uk

Limehouse Childcare Ltd delivering Quality Affordable Childcare to the local community for over 28 years

Voice your concerns

To book an appointment at the mayor's fortnightly surgeries at Idea Stores in Whitechapel and Chrisp Street call...

7364 5014

How to contact Mayor Rahman

The mayor's web pages can be viewed at **www.towerhamlets.gov.uk/mayor** or email him at **mayor@towerhamlets.gov.uk** or call 7364 4993.

WWW.TOWERHAMLETS.GOV.UK

News from the Mayor

Many issues to tackle

AS residents will know, the English Defence League recently attempted to bring disruption to our borough by marching on our streets.

LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

While the Home Secretary ignored my plea – backed by community leaders, politicians and 10,000 local people – to ban the march entirely, I'm pleased that the event passed with relatively little trouble.

Yes, there were arrests, but our primary concern was the safety of our residents and public property and in this sense there were no major incidents.

Let's hope that this is now the end of the EDL's irrational and unwanted focus on our borough.

Over the past few weeks we have been working with other London boroughs to take legal action on issues which are impacting negatively on our residents.

Readers will be aware of the work we are doing with six other boroughs to challenge Boris Johnson's decision to close ten fire stations across London, including Bow Road.

We're also supporting Islington Council's judicial review on the government's changes to planning laws which mean developers do not need permission to convert offices to homes or to provide community benefit in larger schemes.

Now, we're looking at taking legal action with other boroughs on Boris Johnson's plans for the future of affordable housing. The 80 per cent market rent set by the mayor of London is far too high for our residents.

At last week's cabinet meeting I was pleased to agree recommendations to improve the accountability and performance of registered housing providers.

The cabinet also reviewed the council's progress on providing school places.

As the need for primary places rises across the capital, it was reassuring to hear about the steps taken, including extensions to existing schools, which have created 1,800 extra places in the last five years.

Finally, I hope all of our Jewish residents and colleagues enjoyed a peaceful Yom Kippur on Saturday with their families.

Mayor Lutfur Rahman

Challenge to Boris' 'affordable' rent hike

BY EMILY BLACKSHAW

TOWER Hamlets Council is preparing for legal action as the mayor of London's plans to set affordable rent rates threaten to hit a number of councils and their residents.

Joining forces with other London boroughs, the council is looking to challenge Boris Johnson's plans to set affordable rents at up to 80 per cent of the market price, arguing that the majority of Tower Hamlets residents could not afford to pay rents at that level.

Instead, the council's tenancy strategy advises that affordable rents should be no higher than 65 per cent for a one-bedroom property and 50 per cent for a four-bedroom property.

The move follows the London Assembly meeting on September 4, when the new affordable rent policy – set out in the London Plan – was passed.

Mayor Lutfur Rahman said: "We are extremely concerned that the mayor of London has ignored the independent planning inspector's report, which stated that local authorities should be able to determine their own local affordable rent levels to meet local housing needs.

"We too want to maximise the levels of affordable housing being delivered, but our residents – many of whom are on below average incomes – simply cannot afford rents of up to 80 per cent of the market rate.

"It's time Boris Johnson listened to what local councils are telling him about the different housing needs in their areas – there's little point building new homes that local people can't afford to live in."

The council was one of nine boroughs to provide evidence against the mayor of London's affordable housing policies at the Examination in Public in November 2012.

Working with registered housing providers, it has to date ensured that no homes have been let at levels above 65 per cent including service charges.

It is also on track to deliver 4,000 new homes in the borough by 2014 with its partners and to bring all council homes up to the government's Decent Homes standards by 2016.

My diary

LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

Saturday, September 7
Our community united against racism in response to the EDL march. We heard speeches from various community leaders from all walks of life and saw residents and the community showing unity and strength. There's no place for hate in Tower Hamlets.

Wednesday, September 11
I was in Bygrove School launching the free school meals programme for reception and year 1 pupils through which we hope to provide free dinners for up to 4,000 students, helping to tackle poverty and easing the costs for families.

Thursday, September 12
I attended the careers and skills fair organised by Tower Hamlets Homes in York Hall, Bethnal Green, which provided a great opportunity for residents to find out more about local services, different careers and seek advice from professionals.

Tuesday, September 17
I will be launching the new youth and community service interactive hub at the young people's One Stop Shop in Mile End Park. We have renovated the centre to provide a purpose-built accessible hub with interactive sports and leisure facilities for young people with disabilities.

Wednesday, September 18
The meeting of the full council starts at 7.30pm where councillors will be discussing various policies and motions, and taking questions from the public. This is an open meeting and residents are welcome to come along and observe democracy in action.

New Generation Nursery

Home Away From Home

Nursery Now Open

Opening Time: 7.30am – 6.30pm (Monday – Friday)
Address: 2B Rainhill Way,
Priestman Point, Bow E3 3EY
Email: newgennursery@aol.com

Are you looking for an affordable quality child care in a warm, secure and friendly environment?

Private Ofsted registered nursery for children aged 0-5yrs old.

- Free 3 & 4 year old nursery education fund available
- 10% discount for 2 or more full time siblings

For more information contact:
020 8980 4700

CULLODEN BANGLADESHI PARENTS ASSOCIATION
CBPA
49-51 ABERFELDY STREET, POPLAR, LONDON, E14 0NU
TEL & FAX: 0207 987 3505 • EMAIL: admin@cbpa.org.uk
CHARITY NO: 1037495

FREE ESOL CLASSES FOR WOMEN

Free ESOL Entry Level 2 for women living in Tower Hamlets
Improve your speaking skills
Learn to help be more active in today's society
Gain a better understanding of English

Classes to start in October during school term-time
Classes will be 2 and a half hours a day
2 days a week over 24 weeks
Participating students will study towards English Speaking Board (ESB) assessment

If you are interested, please attend the open day on Thursday 26th September at 10am to 12:30pm

Please call the numbers below to confirm your attendance for the open day
Asabur Rahman: 07989 552 632
Taifur Rahman: 07931 414 669

Female Driving Instructor
Over 10 years' experience teaching in Tower Hamlets.
Tuition in Automatic AND Manual vehicles
Call 07506 016793
For more information

NITROUS Driving School
www.nitrousdrivingschool.co.uk
L B.O.G.O.F L
(BUY ONE, GET ONE FREE LESSON*)
*Terms and conditions apply
*Introductory offer
Contact No: 07956 222 611

From art to zumba

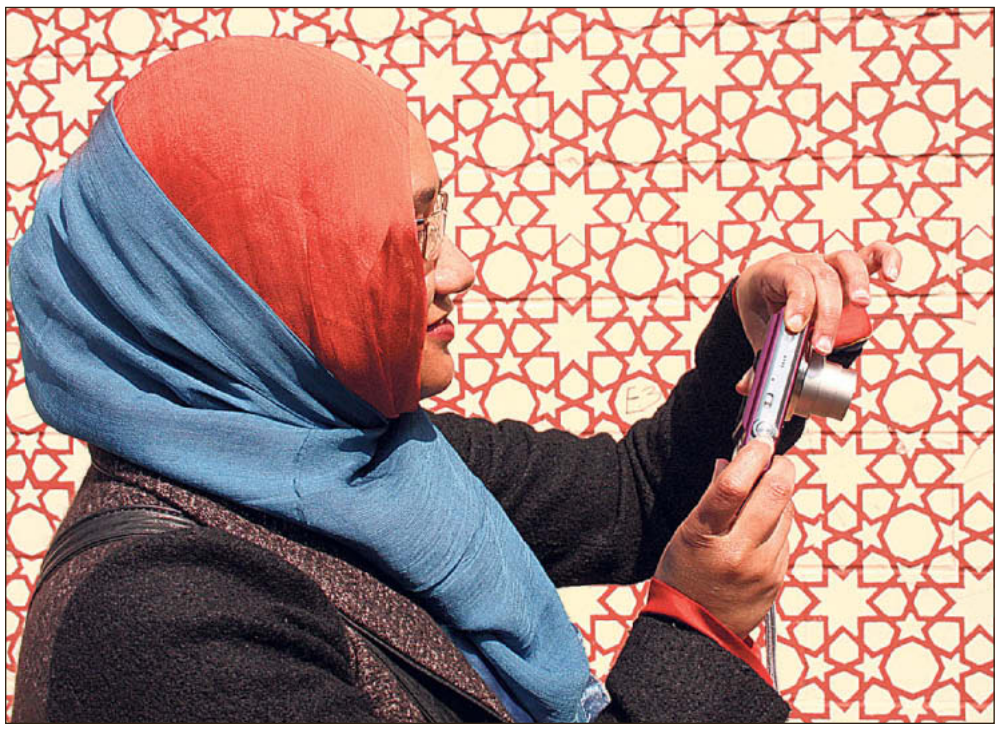
LinkAge Plus is funded by the council and the Tower Hamlets Clinical Commissioning Group and provides activities, many of which are free, for anyone over the age of 50 living in the borough.

SEE BELOW

Hygiene concerns?

Anyone with concerns about food premises in the borough can call 7364 5008 or email...

FOODSAFETY@TOWERHAMLETS.GOV.UK



A PHOTOGRAPHY course for women who are unemployed or work part-time starts later this month. First Steps in Photography will take a closer look at the streets, people, parks and landmarks of the borough over ten weeks.
Starting on September 27, it is being run by walks guide and East End Life writer Graham Barker every Friday (apart from half-term) from 10am-1pm until December 6. The course is free, and childcare facilities and Bengali intepreters are provided, as well as cameras if needed.
(Left) Jesmin Nahar taking photos around Cable Street

Packed day of events for the over-50s

BY MEHREEN HUSSAIN

LINKAGE Plus will be celebrating UK Older People's Day on Tuesday, October 1 with its annual event for people over 50.

Older People's Day coincides with the UN International Day of Older Persons and is a national celebration of the achievements and contributions that older people make to society and to the economy.

This year's event – Let's Celebrate Older People – will be held on Tuesday, October 1 from 10.30am-3pm at Mile End Leisure Centre, 190 Burdett Road, E3.

Residents can enjoy entertainment including a live band, a music quiz and Bollywood dance performance, as well as access to activities such as massage, manicures, swimming taster sessions and other freebies.

There will also be snacks and food available and the chance to enjoy the company of other older residents.

LinkAge Plus is funded by the council and Tower Hamlets Clinical Commissioning Group (CCG), providing a range of activities, many of which are free, for anyone over 50 living in the borough.

It operates from five centres and aims to reduce social isolation and promote independence with activities such as tai chi, keep fit, healthy eating, computer classes, line dancing, art, zumba and many others.

It also has a team of outreach workers who go out into the community to find vulnerable older people and link them with services such as debt and benefits advice, health, volunteering, housing, safety and many more.

Cllr Abdul Asad, cabinet member for health & wellbeing, said: "LinkAge Plus does great work for our older residents and I encourage everyone to come along and join them in this celebration."

For more details about the event contact Adesola Castano on 7021 4137.

£30,000 fine for mouse-infested curry house

A CURRY house owner has been fined £30,000 and ordered to pay £3,315 costs for food hygiene offences, after the council took legal action against him.

Mr Hazir Miah, who owns the Sonargaon restaurant in Osborne Street, E1, was given the fine in a sentencing hearing on August 20 at Snaresbrook Crown Court.

His company had already been found guilty of six food hygiene offences in an earlier hearing at Thames Magistrates' Court. These included mouse infestations which led to contamination of food preparation and storage surfaces.

David Tolley, head of consumer and business regulations, said: "The council will continue our work to ensure that all restaurants in the borough adhere to stringent hygiene standards and, where this doesn't happen, we will take action to close down premises and bring owners to justice."

Help with accessible travel

RESIDENTS can find out more about accessible travel at an event on Thursday, September 19.

Tower Hamlets Accessibility Day is a free event open to anyone with mobility or learning difficulties and will provide information on transport options and how to access local services, and recreational and cultural activities.

Hosted by the council, the day is being held at Mile End Art Pavilion, Clinton Road, E3 from 10am-4pm.

There will be opportunities to try out the Docklands Light Railway, for those in a wheelchair or using a walking stick. Registration is required to take part on the trip.

Travel mentors from Transport for London (TfL) will offer advice on planning a journey using an accessible route and the other support they offer.

To find out more or to register for the DLR ambassador trip contact Rob Morton on 7364 6940 or email **robert.morton@towerhamlets.gov.uk**

The joys of pedal power

CYCLING groups and not for profit organisations are being invited to apply for grants of up to £5,000.

The Community Cycling Fund for London is offering funding to help community groups set up cycling initiatives that benefit people of all ages and backgrounds. Applications will close on September 23 – visit **www.lcc.org.uk/community**

SCOTT BROWNRIGG

Public Exhibition

Redevelopment of former St Patrick's RC Primary School & Social Club

Westminster Roman Catholic Diocese Trustee invite you to view proposals for the redevelopment of the former St Patrick's Roman Catholic Primary School and Social Club on Dundee Street, London, E1W 2PH.

The proposals will form the basis of the planning application for both sites.

The exhibition is open to everyone to view and will be held on the ground floor within the RC Primary School on the following days and times:

Friday 27th September 2013 from 15.00 until 20.00
Saturday 28th September 2013 from 10.00 until 13.00

Please come along to learn more about the proposals and talk to representatives of the design team led by Scott Brownrigg.

We look forward to meeting you.

www.scottbrownrigg.com

TOWER HAMLETS

For your information

Parking to pest control, housing to hate crime

TURN TO PAGES 16 & 17

Council and police in partnership

Recent successes in catching criminals in the act are testament to the effectiveness of CCTV in helping to tackle a wide range of crime and anti-social behaviour to make Tower Hamlets safer.

SEE BELOW

Useful information

CCTV partners working well

News from the council's community safety team

IT'S been a busy end to the summer for the community safety team and our crime-fighting partners.

In a classic example of how the council and police work together, one month this summer saw 70 'proactive' arrests, which happens when a council CCTV operator spots a suspected crime taking place, and leads the police there to make an arrest.

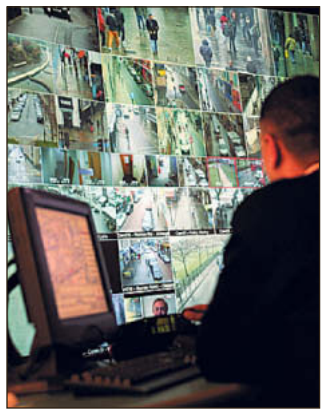
The arrests were for a range of illegal activity from assault and robbery to possession of drugs. Neither the police nor council in isolation could make these arrests happen, but together we have brought offenders to justice.

CCTV footage gathered by the council also helped convict three men involved in the shooting of a member of staff during a robbery at a money transfer firm. The men were identified after council CCTV operators tracked their vehicle immediately after the robbery last September. They were jailed for a total of more than 23 years in a trial at the Old Bailey.

These successes are testament to the effectiveness of CCTV in helping to tackle a wide range of crime and anti-social behaviour, and demonstrate our commitment to working in partnership with the police to make Tower Hamlets safer.

In another joint operation, the council's trading standards officers worked with police to seize hundreds of suspected unsafe and fake mobile phone chargers and accessories that were being sold in Whitechapel Market.

While police officers recovered the stolen and fake goods, trading standards officers checked them for compliance with safety and anti-counterfeiting laws. Many of them did not pass basic health and safety requirements.



The council's CCTV room

We all like a bargain, but fake goods like this are both illegal and dangerous. The success of this operation was important because it helped protect the reputation of our street markets, which are justly famous and bring many social and economic benefits to the borough.

In another recent success, a shisha bar owner was fined £1,225 including costs and given a 12-month conditional discharge, for breaking smoke-free laws, after the council prosecuted him.

The prosecution followed two inspections of the Canopy Bar by environmental health officers, also known as the Legal Shisha Lounge Ltd, last December.

Officers found customers smoking in a large, white marquee, which was effectively an enclosed area – this has been illegal since the smoking ban came to force in July 2007. The owner had ignored a number of warning notices prior to the prosecution.

This kind of action sends out a clear message that those who flout smoke-free laws will not get away with it. We will continue to focus and put pressure on re-offending shisha bars to ensure they are complying with the smoke-free legislation.

To report illegal smoking in enclosed spaces, or for further information about smoke-free laws, contact the council's consumer and business regulations on 7364 5008 or email **smokefree@towerhamlets.gov.uk**

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.
Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road: Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.
Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat 9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

Family Information Service (FIS)
The Family Information Service provides information for people from birth to age 19 (or 25 for those with additional needs) including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14.
fis@towerhamlets.gov.uk
7364 6495

Tower Hamlets Home Birth Support Group
Last Thurs of each month, 8pm. 31 Ridgdale Street, E3.
8981 1159

Parents Advice Centre (PAC)
Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9:30am-1pm.
7364 6489

LinkAge Plus
Toynbee Hall is one of five network centres that co-ordinates services and activities provided.
Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group.
Toynbee Hall, Commercial Street, E1
7392 2914
www.toynbeehall.org.uk

Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

Account 3
1-9 Birkbeck Street, E2.
7739 7720
www.account3.org.uk

Bangladesh Youth Movement
21-23 Henriques St, E1.
7488 1831/2

Bromley by Bow Centre
St Leonard's Street, E3.
8709 9737 www.bbbc.org.uk

Citizens Advice Bureau (CAB)
32 Greatorex Street, E1.
7247 1050
www.adviceguide.org.uk

Island Advice Centre
Island House, Roserton Street, Isle of Dogs, E14.
7987 9379
www.island-advice.org.uk

Legal Advice Centre
University House, 104 Roman Road, E2.
8980 4205
www.legaladvicecentre.org.uk

Limehouse Project
Cheadle Hall, Cheadle House, Copenhagen Place, E14.
7538 0075
www.limehouseproject.org.uk

Praxis (New Residents Service)
Pott Street, E2.
7729 7985
www.praxis.org.uk

Tower Hamlets Law Centre
(specialist advice by appointment and evening legal advice sessions).
214 Whitechapel Road, E1.
7247 8998
www.thlc.co.uk

Debt advice

Toynbee Hall Advice Service
28 Commercial Street, E1.
7392 2953
advice@toynbeehall.org.uk
www.toynbeehall.org.uk

Fair Money Advice
530 Commercial Road, E1.
7702 8032
www.fairfinance.org.uk

Island Advice Centre
Island House, Roserton Street
Isle of Dogs, E14.
7987 9379
www.island-advice.org.uk

National Debt line
0808 808 4000
www.nationaldebtline.co.uk

Step Change Debt Charity
0800 138 111
www.stepchange.org

Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email **eastendlife.news@towerhamlets.gov.uk** and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

.....

Issue no. **Page no.**

Better understanding of the black dog

To mark SANE's 25th anniversary, the charity has launched a nationwide black dog campaign to raise awareness, reduce stigma of mental health problems and encourage more people to seek help.

WWW.SANE.ORG.UK

A healthier approach

Time to Change anti-stigma campaign is run by mental health charities Mind and Rethink Mental Illness.

WWW.TIME-TO-CHANGE.ORG.UK

News

Shaping future of mental health plan

BY MEHREEN HUSSAIN

LOCAL GPs and councillors are asking residents to give their views on a new approach they have developed with the community to support people with mental health problems.

The draft Tower Hamlets Mental Health Strategy, developed by the health and wellbeing board, the local NHS Clinical Commissioning Group and the council, sets out a three-year vision.

The strategy was developed after listening to the views of a range of community groups and care professionals. It sets out how the health and wellbeing board intends to improve the mental health of people through their lives, from children and young people, adults of working age and older people.

The strategy proposes a range of actions to help people manage their own mental health and wellbeing, to ensure there are high quality treatment services available, and to support people to live well when they do develop a problem.

It also aims to challenge the stigma and discrimination around mental health.

To close the period of consultation, the board will sign the Time to Change pledge, a commitment on behalf of all members of the board to reducing stigma and discrimination in their own organisations.

An event to mark the closure of the consultation and the signing of the pledge will take place on October 10 at the Town Hall in Blackwall.

Dr Sam Everington, chair of NHS Tower Hamlets Clinical Commissioning Group and a local GP, said: "Mental health is something that affects us all – how we think and feel about others and ourselves, how we cope with difficult situations and how we manage our lives.

"We want to make sure that all mental health services in Tower Hamlets offer a good experience to patients, carers and families. To ensure we deliver top quality mental health care, we want to hear the views of people who use our services."

Mayor Lutfur Rahman said: "I see how mental illness affects people in our community, many of whom suffer in silence. This strategy sets out plans to ensure that the stigma around mental health is reduced and local residents have access to the right services."

Cllr Abdul Asad, cabinet member for health and wellbeing, added: "Residents who suffer from mental illness should be able to access the support and services they require and be equipped to manage their mental health without fear of judgment.

"This strategy will be a key part of ensuring this happens and we welcome any views from residents on our plans."

Give your views at **www.towerhamletsccg.nhs.uk/Get_Involved**, complete an online survey at **www.surveymonkey.com/s/HF5VGJN** or email views to **mentalhealth@towerhamletsccg.nhs.uk**

For paper copies of the document, call Liza Chowdhury on 7364 2248.

The consultation period runs from September 3 until October 11.

CONSTRUCTION workers in the Whitechapel area visited Altab Ali Park where a sculpture of a black dog is drawing in the crowds. The sculpture is part of a campaign led by mental health charity SANE, which encourages more open discussion, understanding and acceptance of mental health conditions such as depression. The black dog is often used as a metaphor for depression, with well known figures such as Sir Winston Churchill using the phrase to describe his darker moods. For further information visit www.sane.org.uk

YOUNGSTERS taking part in a summer activity programme enjoyed trips to Legoland and Kew Gardens.

Poplar Bangladeshi Community Project received financial assistance from the mayor's summer grants scheme to provide holiday activities on the Aberfeldy estate for young people at risk of social exclusion.

Events included sport, games, learning and healthy eating.

SWANLEA SCHOOL
FAMILY FUN DAY

SATURDAY 21ST SEPTEMBER FROM 12:00 - 3:30PM

TAKE PART IN LOTS OF EXCITING ACTIVITIES FOR ALL THE FAMILY - EVERYONE IS WELCOME!

- BOUNCY-CASTLE
- ARK FARM
- BUNGEE TRAMPOLINE
- BOULDERING WALL
- SEGWAY COURSE
- SPORTS
- GAMES
- ... AND LOTS MORE!

FREE!

SWANLEA SCHOOL 31 BRADY STREET LONDON E1 5DJ TEL: 020 7375 3267

St Paul's Way
Trust School

Y7 admissions

Music Places 2014

For talented and committed young musicians

Apply directly to the school
by Monday 30 September 2013

For further details and application form visit:
www.spwt.net
Or telephone Antonia Mott on 020 7987 1883 (ext. 321)

Ofsted Outstanding School 2012|2013

'Outstanding in All Judgements' (Ofsted, March 2013)

'The unrelenting pursuit of scholarship and excellence' (Ofsted, March 2013)

The University School in the Heart of East London

St Paul's Way Trust School
125 St Paul's Way, London E3 4FT
Tel: 020 7987 1883
Fax: 020 7537 4529
Email: admin@spwt.net

Queen Mary University of London · The University of Warwick · Catlin Underwriting Ambition · Tower Hamlets · UEL University of East London · King's College London · IOE London

State-of-the-art science school

St Paul's Way Trust School in Bow is the first Faraday Science School in London and delivers an innovative science curriculum with state-of-the-art facilities for students.

WWW.SPWT.NET

Shakespeare at Glamis

Cornucopia Theatre Company will stage A Midsummer's Night Dream at Glamis Adventure Playground next month.

WWW.CORNUCOPIATHEATRE.CO.UK

Inspiring tomorrow's scientists

BY MEHREEN HUSSAIN

KIDS went back to school during the holidays for workshops with some of the country's most successful scientists.

St Paul's Way Trust School in Bow hosted a science summer school, led by Professor Brian Cox, at the end of August which was attended by more than 200 pupils.

The two days included a behind-the-scenes look at Virgin Galactic's spacecraft and the Large Hadron Collider at CERN.

With talks, student presentations and exciting practical work, the programme also included topics ranging from the ExoMars Rover Vehicle Project, ocean currents and climate change to diabetes.

On the second day students visited the Siemens' Crystal building at Royal Victoria Docks to hear from leading engineers solving practical challenges, including those involved in the Crossrail project.

They also had the chance to meet entrepreneurs renovating the SS Robin, the world's oldest complete steamship, which is now based in the Royal Docks.

The summer school was the result of Professor Cox's view that to find the next generation of scientists, Britain needs to look in new places and have fresh ideas to attract young people.

"Our aim is to inform, to excite and to give the students the information and inspiration necessary to become scientists and engineers," he said.

"We want to demonstrate that there are no barriers that can't be overcome: if you're interested, you can do it, and the UK economy needs you.

"We want to inspire young people to believe that the future is literally in their hands."

Head teacher Grahame Price said: "At St Paul's Way Trust School we are committed to inspiring young people to take a lifelong interest in science and encouraging the next generation of Britain's scientists through innovative teaching methods and a practical and investigative approach to learning."

(Left) Professor Brian Cox at St Paul's Way. (Above) Students at a dissection workshop

News in brief

Free fun day

IAN Mikardo High School is holding its first free community fun day on Saturday, September 21 from 11am-4pm.

The event will include food, games, a bouncy castle, table top sale, music and a workshop with the Embrace Dance group.

There will also be advice from local colleges and employers on post-16 education, training and employment.

Walk for charity

LONDON schoolgirls are set to take part in one of the biggest UK charity walks ever attempted to mark International Day of the Girl on October 11.

World Wide Walk will raise money to help educate some of the world's poorest girls through global children's charity Plan UK.

See **www.becauseiamgirl.org**

GLAMIS Adventure Playground in Shadwell hosted holiday fun with puppet workshops, storytelling, and arts and crafts with artist-in-residence Jacqui Gunn. Scores of children and parents turned up at the event on August 30, which also featured lantern making led by Cornucopia Theatre Company. The company will be returning to the adventure playground this October, to stage a production of A Midsummer's Night Dream. (Above) Adam and friend film activities at the fun day.

George Green's School Open Evening and Open Sessions

FIDELITER

Ofsted "Good School" driven by the passionate belief that all students, irrespective of their circumstances, are entitled to the best possible education.

Thursday 3rd October 2013
5pm - 7pm

Come and see the school at work

Monday 30th September - Friday 4th October • 9am - 11am

George Green's School, 100 Manchester Road, Isle of Dogs, London E14 3DW
www.georgegreens.com Tel: 020 7987 6032

EQualities · International School Award · Investor in People · humanities · IQM

Bishop Challoner Catholic Federated Boys' School

An excellent, happy school in which your son will succeed and be inspired

Boys School 2013
64% A*-C GCSE's inc. English & Maths

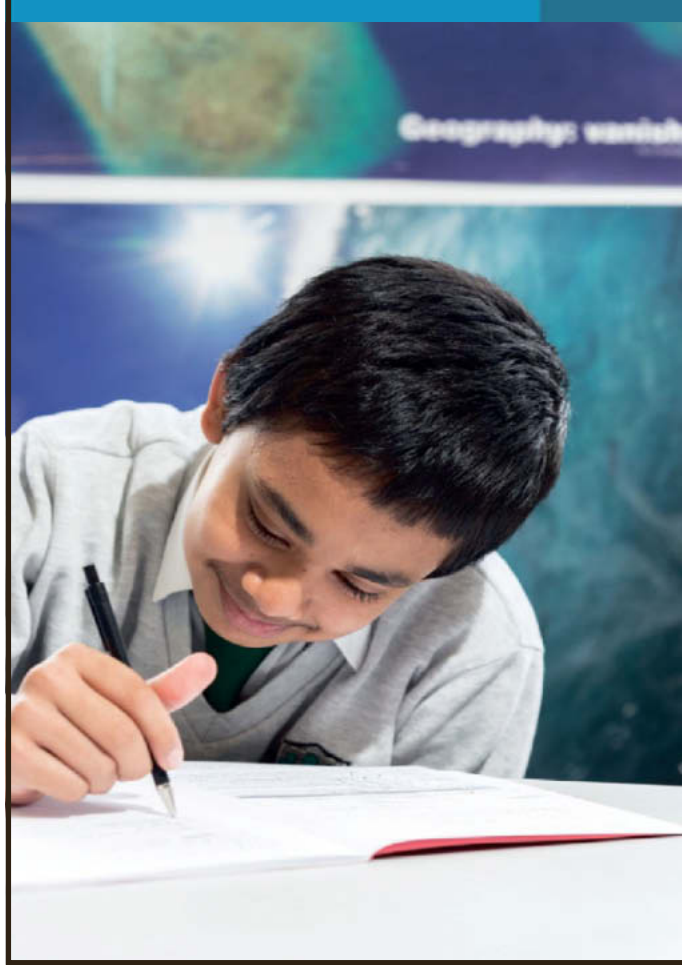
* Strong leadership team
* Small class sizes
* Ambitious for all students
* Caring atmosphere
* Excellent clubs, trips & after school activities

OPEN EVENING
Tuesday 24th Sept, 2013 5 - 7pm

Tel: 020 7791 9500 E mail: info@bishop.towerhamlets.sch.uk
Web: www.bishop-learningvillage.towerhamlets.sch.uk
352 Commercial Rd, London. E1 0LB

If you are in Years 5 or 6 you are invited to visit our wonderful school

BOW SCHOOL Delivering Excellence



Open Week for all Y6 Boys & Girls

Come and visit us any day between Monday 16th and Friday 20th September at 9.30am or 11.30am.

Or join us at our Open Evening on Thursday 19th September from 5.30pm.

Alternatively, feel free to come along on Tuesday 1st October at 11.30am or Thursday 3rd October at 9.30am.

To reserve your place email
transition@bow-school.org.uk

Headteacher: Cath Smith | Bow School, Paton Close, Fairfield Road, London E3 2QD | bs@bow-school.org.uk www.bow-school.org.uk | T: 020 8980 0118 F: 020 8980 1556

SIXTH FORM EAST

Clean sweep strengthens communities

CleanupUK is a charity dedicated to tackling the UK's litter problem and helping to strengthen communities by encouraging volunteer groups and individuals who collect litter.

WWW.CLEANUPUK.ORG.UK

Workers do a great job

"The people paid to do the work do a good job. There's only so many times a week that the streets can get cleaned."

EMMA HARRINGTON

Clean up your act!

BY JACQUELINE HARTHILL

TOWER Hamlets has never been cleaner. With an extra £800,000 being ploughed into the council budget for more streetsweepers and removing graffiti and chewing gum, you can really notice the difference.

The council has a contract with Veolia to provide the borough's waste and recycling collections – but there are also teams of volunteers whose work regularly picking up litter is invaluable.

Emma Harrington, project co-ordinator for CleanupUK, explained: "We aim to involve people in looking after their neighbourhood. We want people to realise that they can actually get involved.

"There's a lot of increasing awareness and education, which is important but we feel that, by people being involved in what we do, they will realise that they can get involved with their own neighbourhood and keep it clean and tidy.

"Part of that is actually being seen doing it and, in turn, that prevents people from littering so much."

Carol Johnston not only volunteers for the CleanupUK campaign but also helps out at Mudchute Farm – as one of the Mudchute Magpies – and at Stepney City Farm where she is part of the Urban Farmers' scheme set up last year.

Talking about the borough's cleanliness, she said: "I do think that there have been improvements but the local volunteer groups play a tremendous role in helping tackle the problem. I call it 'waging war on the local litter'; we're out there with our litter pickers – we're not being paid – and we're turning up and spending our own time doing this."

Emma said CleanupUK had worked with 11 groups in the borough and more than 440 volunteers.

"If you imagine each one of those people picking up one or two bags, that's 800-plus bags of rubbish overall, which is shocking really because I like to think that there is a good street cleaning service in Tower Hamlets," she said.

"I know the street cleaner that goes down my street and you can see the results. It's great and it's fantastic and then it's just such a short time before there's more rubbish and litter dropped.

"What we want to get across is that, as much as we want people helping, it's actually bringing people together; it's actually quite fun as well once you get out there."

In a time of austerity when people's work hours may be getting cut back, or jobs are hard to find, some people may feel that volunteering takes paid work away.

"From CleanupUK's point of view, what we do is about complementing the paid work. We're not trying to take jobs away," Emma said.

(Top) Jasmine, Jessie and David, part of the Poplar Pickup Party and (above) the results of their hard labour

"The people who are paid to do the work, they do a good job. It's about keeping on top of it – there's only so many times a week that the streets can get cleaned so it's the times in between and the places that are not cleaned where residents running litter-picking groups can really get involved and really help to keep the area looking nice."

In Blackwall the Poplar Pickup Party are out every Wednesday evening with their grabbers and high visibility jackets to clean up the less accessible areas around Robin Hood Gardens.

One night last month they collected 17 bags from around the southbound entrance to the Blackwall tunnel.

Run by Mel Glass, a property guardian at Robin Hood Gardens, the group is also affiliated to CleanupUK.

Mel explained: "A group of friends who are also neighbours in Anderson House in Woolmore Street agreed we'd offer about four hours a week of our time to the local community. But to do what?

"I like the idea of litter-picking – results are instant, it's high profile – and almost anyone can get involved.

"I joined a group working in Mudchute for a taster and shared my plan to set up a similar group in Poplar with friends.

"That group of friends is the main core of the litter pickers. Others have joined from Balfron Tower and even further afield spawning at least one other local group."

CleanupUK provided equipment – hi-visibility vests, grabbers, gloves and bags.

If you would like to become a volunteer for the borough's CleanupUK campaign, you can contact Emma by emailing **emma.harrington@cleanupuk.org.uk**

You can also find further information on other volunteering opportunities by going to **www.towerhamlets.gov.uk/clean**

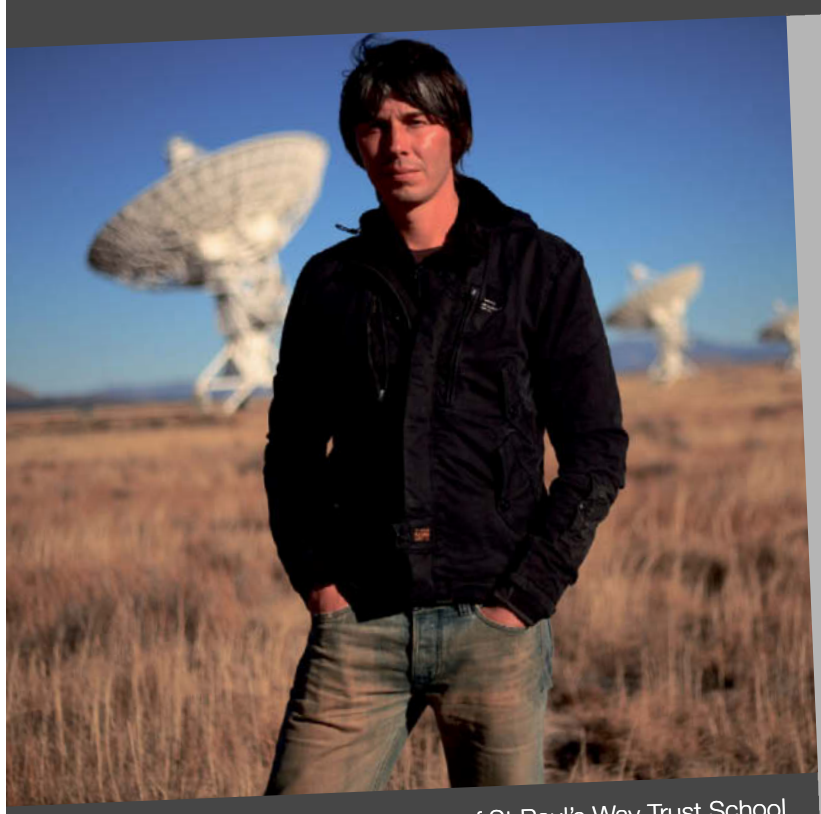
(Top) Jessica Glass picking up litter at Chrisp Street; (Above l-r) Emma Harrington from CleanupUK and property guardian Carol Johnston

Ofsted Outstanding School 2012|2013

St Paul's Way
Trust School

Communication Investigation Networking Participation Scholarship Vision

The University School in the Heart of East London



Prof. Brian Cox OBE - Patron of St Paul's Way Trust School

Open Evening
4:30 - 7:00pm Thursday 26th September

Four Open Mornings
9:30am Monday 23rd September to Thursday 26th September
To reserve a place please contact: Faruk Hussain 0207 987 1883

'The unrelenting pursuit of scholarship and excellence' (Ofsted, March 2013)

'Outstanding in All Judgements' (Ofsted, March 2013)
Including the St Paul's Way Trust Sixth Form

London's First Faraday Science School

St Paul's Way Trust School is ranked in the Department for Education's 'UK Top 100 Schools' for 'Value Added'

St Paul's Way Trust School
125 St Paul's Way, London E3 4FT
Tel: 020 7987 1883
Fax: 020 7537 4529
Email: admin@spwt.net

Visit to discover what it means to be a St Paul's Way Graduate

www.spwt.net

Queen Mary University of London · The University of Warwick · Catlin Underwriting Ambition · Tower Hamlets · UEL University of East London · King's College London · IoE London · NHS Tower Hamlets

Songs brought to a new audience

Champion crowd pleasers such as Any Old Iron and I'm Enery the Eighth I Am were later re-worked by Stanley Holloway, Peter Sellers (left), Herman's Hermits, and Joe Brown and His Bruvvers.

SEE BELOW

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at **johnrennie@gmail.com**

WWW.EASTLONDONHISTORY.COM

Harry's Champion choons of food, fun and the odd double entendre

BY JOHN RENNIE

"I AM paid for making people laugh... not for singing hymns," declared Harry Champion. The Mile End star was used to performing in public, and he was used to an audience hanging on his every word, so the dock at Birmingham Crown Court held no fears for him.

It was an unscheduled appearance in yet another of his endless tours of British music halls. Harry, alongside other East End stage greats before him, had fallen foul of authorities who didn't appreciate the risque nature of cockney humour – nothing explicit, simply very broad double entendres.

In Marie Lloyd's case it had been She Sits Among the Cabbages and Peas which had evoked the wrath of the Lord Chamberlain (effectively the official censor, and a man who could halt any theatrical performance in England). Lloyd swiftly changed her title to She Sits Among the Cabbages and Leaks, which was apparently clean enough.

But which of Harry's songs could the Birmingham authorities have objected to? The Tip of me Old Cigar perhaps, or Cover it Over Quick Jemima? You Don't Want To Keep On Showing It or You Ought to See the Missus in a Harem Skirt? Maybe even Never Let Your Braces Dangle. None would be likely to shock modern listeners; double entendres was the thing, relying on a certain smuttiness in the ear of the beholder.

Marie Lloyd had emphasised this herself – called to perform before a local council committee, she gave anodyne performances of her own songs, before delivering a version of Tennyson's Come Into the Garden Maud so dripping with leering innuendo, winks and nudges that she left the members speechless.

And Harry, after 30 years honing and reducing his act into a machine-gun attack of ribald songs, delivered at breakneck speed and with barely a pause between, was not about to be told what he should or shouldn't sing. His career, even his name, was a happy accident, and he intended to keep working.

Harry had been born William Henry Crump, in April 1865. The exact date is hard to pin down: in later life, perhaps jealously protecting his onstage image, he was vague about his beginnings. But most records have him coming into the world at 30 Grafton Street in Mile End, the son of Walter Crump (a tailor who later became a butcher and licensed victualler) and his wife Louisa Ann (née Scantlebury). He was apprenticed to a boot clicker (who cut the leather for the uppers of boots) and performed by night, making his professional debut at the Royal Victoria Music Hall in Old Ford Road, in July 1882.

> "The Mile End man became a huge star, and in the years before World War I you could go into a London café and ask for 'a Harry Champion', and be served a plate of boiled beef and carrots."

Bill Crump sounds like a name with comic potential, but he ditched it for 'Will Conray (comic)' – his act encompassing 'comedy, character vocals and dance'. The character, as it evolved, was a fast talking and very fast singing parody of a cockney, complete with skew-whiff bowler and a clownish expression. The material was comic stories in song, with some 'plantation songs' thrown in, for which he would appear in 'blackface'.

Like many acts in the first throes of a career, Crump was experimenting, not always successfully. He dubbed his act, From Light To Dark, for the simple reason that he moved from whiteface to blackface. And like many acts, there was as much luck as judgment in his evolution.

Returning to the East End after a tour around the provinces in 1887, he found himself barred from one of the halls, the manager having taken against him.

"Right," said Crump's agent. "But you might give my new man a chance."

"Who is he?" came the reply. "Harry Champion," replied the agent... promptly sending Will along for the job.

And with a new name came the confidence to try new things. 'Harry' ditched the blackface in 1889 and started commissioning new songs. I'm Selling Up the 'Appy 'Ome became his first signature song, accompanied with a vigorous hornpipe. Harry became known for the furious energy of his delivery, and around 1898 cut out the patter between songs, delivering them at a breakneck pace. Years later, he told his biographer: "At one time I used to sing songs with plenty of patter but I changed the style for a new idea of my own, and started 'quick singing'. I think I am the only comedian who sings songs all in a lump, as you may say."

Music hall star Harry Champion, who was born in Mile End

It's a curious experience, listening to Champion now. To modern ears, it seems energy is overcoming finesse, as if Harry's trying to cram as many songs in as possible. But the audiences of the day loved the tap-dancing 'quick fire comedian'.

And if smut (real or imagined) was present in his songs, Harry's real obsession was food. Boiled Beef and Carrots, A Little Bit of Cucumber, Home-made Sausages, Let's Have a Basin of Soup... the list of comestible-related titles goes on and on, with Champion venturing his opinions on whelks, jellied eels, pickled onions, saveloys and picalilli.

In fact all the foodstuffs that his cockney audience would know and love. Alongside were crowd pleasers such as Any Old Iron, I'm Enery the Eighth I Am and that song about the cigar, which were still known to TV and radio audiences in the latter years of the 20th century, courtesy of re-workings by Stanley Holloway, Peter Sellers, Herman's Hermits, and Joe Brown and His Bruvvers.

The Mile End man became a huge star, and in the years before World War I you could go into a London café and ask for 'a Harry Champion', and be served a plate of boiled beef and carrots. But fashions change. He was in the first royal variety performance (held in July 1912 at the Palace Theatre) but by 1918 was on the way out. The war had changed Britain, sweeping away the last of Victorian and Edwardian England. People began to look forward, and music hall ditties from the previous century now sounded hopelessly out of date.

After 30 years at the top, Harry went into retirement in 1920, still only in his mid-50s, immediately pouring the energy that had taken him around the halls into a new venture. A lover of horses, he set up a livery stables and taxi company in Dalston. It would be in business for decades to come.

In 1928, Sarah, his wife of nearly 40 years – and who had accompanied him on his many tours – died. Harry was in his early 60s, the father of four grown-up children, and a successful businessman eyeing retirement. To his surprise, the call came from his agent that bookings were coming in once more. Perhaps it was the influence of the Great Depression, but Londoners once again took comfort in the songs of the past.

Champion played the Royal Variety Show of 1932, alongside other relics of the halls, such as Vesta Victoria. Any Old Iron still brought the house down. He became a star of BBC radio, and appeared alongside the Crazy Gang. If anything his delivery had become more exaggerated. The songs were spat out in a double-quick monotone, whirling his arms and tapping his feet... the audiences loved it as much as before.

It was the Indian summer of Harry's career, but the furious performances exacted a price. In January 1942, he died in a Marylebone nursing home, exhausted. Gone but not fogotten.

Fifteen years later Peter Sellers would take Any Old Iron, a song he remembered as a boy, to No 17 in the singles chart. And it's a song that most of those reading will be able to sing at least a few lines.

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

The Government is changing benefits

Prepare and act now

The Government is changing the benefits system as part of its plans for welfare reform. If you are claiming benefits, you may be affected.

Households who are **not in work** or have **less than 24 hours work per week** will be affected most.

The impact of these changes could be serious and some households may no longer be able to afford their current housing costs.

Tower Hamlets Council and its partners are helping prepare residents for the upcoming changes. This includes support with:

- **Getting information and advice**
- **Managing your money**
- **Finding work and training opportunities**

For more information about the changes visit the government website **www.dwp.gov.uk** or call their helpline on **0845 605 7064**, or textphone **0845 608 8551**.

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets. gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, September 17

6.30pm: Licensing sub-committee

Business includes applications for premises licence for Tobacco Dock, 50 Porters Walk, E1W; time limited premises licence from Oct 3-6 for Millwall Park, Manchester Road, E14; variation of premises licence at Golden Frill Restaurant, 184 Hackney Road, E2.

For further information call 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

Wednesday, September 18

7.30pm: Council

The agenda includes petitions from the public about the closure of the Isle of Dogs police station; green space in Trahorn Close, E1; regeneration funding for Roman Road, E3; and market stall provision.

For details call 7364 4204 or email johns.williams@towerhamlets.gov.uk

Thursday, September 19

7.30pm: Pensions committee

Details from 7364 4881 or email antonella.burgio@towerhamlets.gov.uk

Wednesday, September 25

7.30pm: General purposes committee

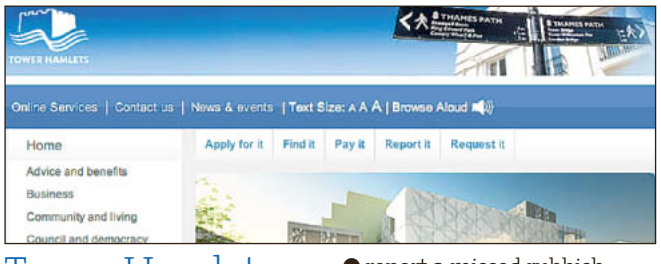
For details call 7364 4207 or email evelyn.akoto@towerhamlets.gov.uk

Thursday, September 26

7pm: Audit committee

More details from Antonella Burgio (see above).

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except Cabinet.



Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

Renew permits online

RESIDENTS are reminded that parking permits in Tower Hamlets can be renewed online, which means that transactions can be carried out when it suits them.

The council will send residents a reminder letter at least four weeks before their parking permit expires. As long as their personal and vehicle details have not changed, they will be provided with a unique web-code and instructions on how to renew their permit online.

The service has proved very popular during the past year with up to 60 per cent of renewals now completed online, rising from 46 per cent this time last year.

Residents should aim to renew their parking permit at least five working days before their current permit is due to expire, in order to allow sufficient time for their new permit to arrive by post. If the current permit expires before the new one is received, residents should continue displaying the expired permit for up to seven days after the expiry date. Expired permits cannot be renewed.

Mayor Lutfur Rahman said: "Parking permit renewals have been transformed to meet the needs of local people, by making the service available online it's been made faster and easier for residents."

Permits can also be renewed over the telephone, simply by calling 7364 5003. This service is available Monday to Friday, 8am to 8pm and Saturday, 8am to 4pm.

Residents can access the internet for free at the borough's Idea Stores and libraries. Idea Store members can book sessions on computers in advance.

To find out more information visit **www.towerhamlets.gov.uk/residentpermits** or call 7364 5003.

Planning

E1

6 Allport Mews – glazed roof over existing patio at rear.

Bishopsgate Goods Yard, Shoreditch High Street – request for scoping opinion as to information required for environmental impact assessment in support of application for redevelopment of these sites.

11a Callaghan Cottages, Lindley Street – single storey rear extension.

E2

Regents Wharf, Wharf Place – 1-bed dwelling within area of lower car park level.

Railway Arches 250-255, Paradise Row – variation of conditions to change compliance period from 'prior to development' to 'prior to occupation of each arch'; and removal of conditions re. business parking permit restriction and on-site disabled parking, following planning permission ref. PA/13/0733; approval of details of cycle storage, sustainability and landscaping of planning permission ref PA/13/00733.

148 Corfield Street – single storey rear extension.

132 Corfield Street – single storey rear extension.

43 Cheshire Street – lawful development certificate for existing use as residential dwelling since 2000.

121 Bethnal Green Road – change of use to restaurant, external alterations to shopfront and installation of ventilation and extract plant to rear of building.

E3

Old Duke of Cambridge Public House, 20 Reeves Road – new side and top floor extension and conversion into four self-contained units.

Flat 9, Holsworthy House, Talwin Street – single storey 4-metre rear extension.

101-109 Fairfield Road – application for deed of variation to section 106 dated 9.3.12 associated with grant of planning permission ref. PA/11/00890.

49 Strahan Road – single storey side extension at rear.

E14

Site at west side of Leamouth Road at SW junction of East India Dock Road, Leamouth Road – request for screening opinion as to whether an application for a data centre and an office building requires an environmental impact assessment.

6 Joshua Street – single storey rear extension.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment.
71 Johnson Street, E1.
7790 1344
www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community.
The Davenant Centre, 179-181 Whitechapel Road, E1
7377 0676.

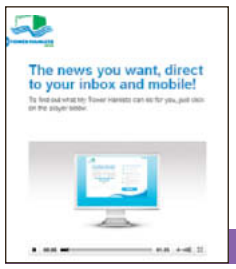
Harbour Recovery Centre
In-patient detox for 18+ males.
Riverside House, 4th Floor, 20 Garford Street, E14.
7538 9421

Young People's Service
Treatment for under-19s
Unit 26, Skyline Village, Limeharbour, E14.
3069 7878
www.lifeline.org.uk

Isis
For women aged over 18
c/o Hopetown Hostel, 60 Old Montague Street, E1.
7426 0399
www.compass-uk.org

Community Alcohol Team
Unit 22, Skylines Village Limeharbour, E14.
0800 008 7200
www.rapt.org.uk

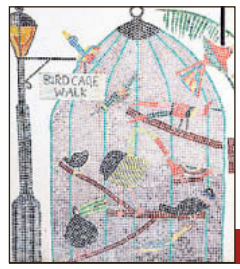
Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi.
Mind in Tower Hamlets & Newham, Open House
13 Whitethorn Street, E3.
7510 1081



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK



Did you get it?

Last week's photo (left) was of a mural at Columbia Road School.

Council information

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance – 7364 5007
Environmental health, trading standards & licensing – 7364 5008
Planning & development – 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364 5015
Healthline – 7364 5016

Report it!

To report an incident, use these 24-hour freephone numbers:
Non-emergency crimes – 101
Textphone – 18001 101
Hate crimes – 0800 138 0521

General enquiries

For other council enquiries call 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3) – 7364 3558
Homeless service – 7364 7474
Choice-based lettings – 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you need to contact, call the switchboard on 7364 5000.

Town Hall

Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.
7364 5000

Other useful information

Safer Neighbourhood teams (SNTs)
SNTs operate in every ward in Tower Hamlets, providing dedicated community policing that works to priorities set by the public through Local Area Partnerships (LAPs).
To find out more about SNTs, contact your local team:
Bethnal Green North 8721 2851
Bethnal Green South 8721 2849
Blackwall & Cubitt Town 8721 2877
Bow East 8721 2807
Bow West 8649 3521
Bromley by Bow 8721 2041
East India & Lansbury 8721 2806
Limehouse 8721 2852
Mile End & Globe Town 8721 2853
Mile End East 8721 2848
Millwall 8721 2850
Shadwell 8649 3524
Spitalfields & Banglatown 8721 2042
St Dunstan's & Stepney Green 8721 2808
St Katharine's & Wapping 8721 2854
Weavers 8721 2043
Whitechapel 8649 3520

If a crime is in progress, there is an emergency or if anyone is in immediate danger please dial 999.

24-hour domestic violence national helpline
0808 2000 247

Trading standards
Consumer Direct: 08454 040506

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Do you know where to find this unusual feature of the borough? This photo was taken by Poplar resident, volunteer and campaigner Amanda Root, who volunteers at the site where she took the snap. Among her interests is the natural and built environment and climate change – she currently has a petition on Change.org asking the BBC to give less time to climate change deniers.
If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Walk-in services

One Stop Shops
Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney& Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 4944

লন্ডন মেয়রের সিদ্ধান্তের বিরুদ্ধে আদালতে যাচ্ছে কাউন্সিল

লন্ডনে সামাজিক বাড়ি-ঘরের এফোর্ডেবল রেন্ট রেইট অর্থাৎ সামর্থাধীন ভাড়ার হার বৃদ্ধির পরিকল্পনা গ্রহণ করায় লন্ডনের মেয়র বরিস জনসনের বিরুদ্ধে আইনী পদক্ষেপ নেয়ার প্রস্তুতি নিচ্ছে টাওয়ার হ্যামলেটস কাউন্সিল। লন্ডন মেয়রের এই সিদ্ধান্ত বাস্তবায়িত হলে লন্ডনের অনেক কাউন্সিল এবং তাদের বাসিন্দাদের ওপর মারাত্মক প্রভাব পড়বে। বিস্তারিত নীচে-

'AFFORDABLE' RENT TOO EXPENSIVE FOR MOST

Jamac Ali Jama, from Redsea Foundation and poet Mohamed Ibrahim Warsame (pictured last year with Dr Martin Owen) will be at this year's event

Dabaaldega iyo dareenka dadka

Somali Week Festival 2013 – October 18-27

TODOBAADKA dabaaldegga somalid, oo siday caaddudu ahayd sanad walba, la qabto bisha Oktoobar, ee ay dadka laga tiro badan yahay xusaan dhaqankooda iyo hidahooda, hibooyinkooda, waxtarkooda, islamarkaana muujiyaan samahooda.

Kayd, urur suuganta iyo dhaqanka, oo iskaashanayaan kheyriyada dhaqanka ee Redsea-online, ayaa soo bandhigaya todobaadka dabaaldegga ee Somalida sannadkan 2013. Sidii looga bartay waxaa lagu qabanayaa Oxford House, Derbyshire Street, Bethnal Green.

Waxaanu bilaabmayaa maalinta jimcaha 18 oktoobar ilaa 27.

Todobaadka somalida waxaa lagu soo bandhigi doonaa labeenta suugaanta somalida, falaqayn, filimo dokomentari ah, miyuusig iyo masraxiyada.

Sannadkan dhex roorka lagu qaadaa dhigi doonaa waa dhoofka: "Ragga socodku waa u door haddii mawdku daayee, dugsan maayo geeluba daduu yegeel' eh, dib in aan u dhoofaan taladii ku deystee, aan kula dardaarmee, isa sii daryeeloo, waan duulayaaye dedmo ii soo ducee.

"Dantu waa inan yahoo, innaga oo isdul joognee.

"Kol haddanad deyneyn, kaaga deyrin maayee, dawga aad marayso daayin kuu hadhee."

Berigaa hore, raguun buu socodku door u ahaa dumarku kumay jirin, maantase arrinku, wuu ka balaadhan yahay, si ballaadhana oo qoto dheer in loogaga hadli todobaadka dabaaldegga wuu mudan yahay.

Wacdaraha ugu weyni kulanka wajiyaal kala. Waa kooxdii Iftin oo udbahoodii iyo dhigahoodi wadata Said Salah, Ahmed, Khalif Osman Abdi, Bashir Ali Hussein – Salah Ahmed (Salah Xariiri), Maryan Sheikh Ali (Maryan Janbaluul) and Aisha Kahiye Guled

Faahfaahin dheeraad ah kala xidhiidh **info@kayd.org** ama wac 07903 712949, ama booqo **www.kayd.org** ama waa in aad kala socoto oo booqato twitter: **twitter.com/somaliweekfest**

লন্ডন মেয়রের বাড়ি ভাড়া বৃদ্ধির সিদ্ধান্তের বিরুদ্ধে আদালতে যাচ্ছে টাওয়ার হ্যামলেটস্ কাউন্সিল

'Affordable' rent too expensive for most – page 6

লন্ডনে সামাজিক আবাসন বা বাড়ি-ঘরের এফোর্ডেবল রেন্ট রেইট অর্থাৎ সামর্থাধীন ভাড়ার হার বৃদ্ধির পরিকল্পনা গ্রহণ করায় লন্ডনের মেয়র বরিস জনসনের বিরুদ্ধে আইনী পদক্ষেপ নেয়ার প্রস্তুতি নিচ্ছে টাওয়ার হ্যামলেটস কাউন্সিল।

লন্ডন মেয়রের এই সিদ্ধান্ত বাস্তবায়িত হলে লন্ডনের অনেক কাউন্সিল এবং তাদের বাসিন্দাদের ওপর মারাত্মক প্রভাব পড়বে।

লন্ডনের অন্যান্য বারার সাথে মিলে টাওয়ার হ্যামলেটস্ কাউন্সিল লন্ডন মেয়রের এফোর্ডেবল রেন্ট বাজার দরের ৮০ শতাংশ পর্যন্ত নির্ধারণের পরিকল্পনা চ্যালেঞ্জ করে আদালতে যাওয়ার বিষয়টি খতিয়ে দেখা হচ্ছে। এ ব্যাপারে টাওয়ার হ্যামলেটস্ কাউন্সিলের যুক্তি হচ্ছে, লন্ডন মেয়রের পরিকল্পিত ভাড়ার হার অনুযায়ি ভাড়া পরিশোধ করা বারার অধিকাংশ বাসিন্দার পক্ষে কোনভাবেই সম্ভব হবে না।

এর বিপরীতে কাউন্সিলের টেনেন্সি নীতিমালায় উল্লেখিত সুপারিশ হচ্ছে, ১ বেড রুমের প্রোপার্টির জন্য ভাড়ার হার কোন অবস্থাতেই ৬৫ পারসেন্টের অধিক এবং ৪ বেডরুমের জন্য ৫০ পার সেন্টের বেশি হওয়া উচিত নয়।

উল্লেখ্য, গত সপ্তাহে লন্ডন এসেম্বলি মিটিংয়ে লন্ডন পরিকল্পনার অংশ হিসেবে নতুন এফোর্ডেবল রেন্ট পলিসি পাশ করা হয়েছে।

টাওয়ার হ্যামলেটসের নির্বাহী মেয়র, লুৎফুর রহমান বলেন, মেয়র অব লন্ডন ইন্ডিপেন্ডেন্ট প্ল্যানিং ইন্সপেক্টরের রিপোর্ট উপেক্ষা করায় আমরা মারাত্মকভাবে উদ্বিগ্ন হয়ে পড়েছি। স্বাধীন ও নিরপেক্ষ প্ল্যানিং ইন্সপেক্টরের রিপোর্টে এটা জোর দিয়ে বলা হয়েছে যে, স্থানীয় আবাসন চাহিদা মেটানোর লক্ষ্যে স্থানীয় কর্তৃপক্ষকেই তাদের নিজস্ব এলাকার এফোর্ডেবল রেন্ট লেভেল বা ভাড়ার হার নির্ধারণ করতে দেয়া দরকার।

নির্বাহী মেয়র আরো বলেন, সামর্থাধীন বাড়ি-ঘরের ভাড়ার সর্বোচ্চ হার আমরাও নির্ধারণ করতে চাই। কিন্তু আমাদের বাসিন্দা, যাদের অধিকাংশেরই আয় গড় আয়ের অনেক নীচে, তাদের পক্ষে মার্কেট রেট এর ৮০ শতাংশ পর্যন্ত ভাড়া প্রদান করা কোনভাবেই সম্ভব হবে না।

মেয়র লুৎফুর রহমান বলেন, লকাল অথরিটিজ অর্থাৎ স্থানীয় কাউন্সিলগুলো তাদের নিজ নিজ এলাকার পৃথক পৃথক হাউজিং চাহিদা সম্পর্কে তারা কী বলছেন, লন্ডন মেয়র বরিস জনসনের তা গুরুত্ব দিয়ে শোনা উচিত। নতুন বাড়ি-ঘর নির্মান করা হবে, অথচ স্থানীয় জনসাধারণ সেখানে বসবাস করতে পারবে না - এটা গ্রহণযোগ্য হতে পারে না।

টাওয়ার হ্যামলেটস সহ লন্ডনের ৯টি কাউন্সিল গত বছরের নভেম্বর মাসে অনুষ্ঠিত মেয়র অব লন্ডনের এফোর্ডেবল হাউজিং পলিসির ওপর গণ শুনানিতে এর বিরুদ্ধে প্রমানাদি উপস্থাপন করেছিলো।

টাওয়ার হ্যামলেটস্ কাউন্সিল রেজিষ্টার্ড হাউজিং প্রোভাইডারদের সাথে যৌথভাবে কাজ করার মাধ্যমে এখন পর্যন্ত কোন ঘর সার্ভিস চার্জ সহ ৬৫ শতাংশ হারের বেশি ভাড়া প্রদান না করার বিষয়টি নিশ্চিত করা হচ্ছে।

সহযোগীদের সাথে নিয়ে কাউন্সিল ২০১৪ সাল নাগাদ ৪ হাজার নতুন ঘর নির্মান এবং ২০১৬ সালের মধ্যে সকল বাড়ি-ঘরকে সরকার নির্ধারিত ডিসেন্ট হোমস্ স্ট্যান্ডার্ডে উন্নীত করার লক্ষ্যমাত্রা অর্জনের পথে সুনিশ্চিতভাবে এগিয়ে যাচ্ছে।

Local dance group Embrace Dance

দৃঢ় মনোবলের অধিকারী ৪০ শিশুকে এওয়ার্ড দিলো কাউন্সিল

Young people celebrate their achievements – issue 976

টাওয়ার হ্যামলেটস্ কাউন্সিল বারার কয়েক জন মেধাবী শিশু কিশোরকে তাদের কাজের স্বীকৃতি দিতে গত ২৮ আগষ্ট আয়োজন করে বিশেষ এক অনুষ্ঠানের।

কাউন্সিলের ইয়ূথ ওফেনডিং সার্ভিস "ইয়ূথ ইনক্লুজন এন্ড সাপোর্ট প্রোগ্রাম (ওয়াই-আইএসপি) এর উদ্যোগে আয়োজিত এই অনুষ্ঠানটি স্পন্সর করেছে ক্যানরি ওয়ার্ফ গ্রুপ।

আর্লি ইন্টারভেনশন এন্ড প্রেভেনশন (ইআইপি) বিভাগের কর্মীরা প্রায়ই কিছু কিছু শিশুর সাক্ষাত পান, যারা বিরূপ চ্যালেঞ্জ এবং প্রতিবন্ধকতা মোকাবেলা করেও এগিয়ে যাচ্ছে। যে সকল শিশু কিশোর বয়সীরা জীবনের কঠিন কঠিন প্রতিবন্ধকতা মোকাবেলা করেও অনবদ্য সাফল্য অর্জন করে চলেছে, তাদের এই সাফল্যকে স্বীকৃতি দিতেই আয়োজন করা হয়েছে এই এওয়ার্ড বিতরণী অনুষ্ঠানের।

তিনটি শিশু পায় শীর্ষ পুরস্কার, যা প্রদান করেছে ক্যানরি ওয়ার্ফ গ্রুপ। পুরস্কারের মধ্যে রয়েছে ক্যানরি ওয়ার্ফ এ কেনাকাটার জন্য প্রত্যেককে ১০০ পাউন্ডের ভাউচার, টেমস নদীতে নৌভ্রমন, এবং ওয়েস্টহ্যাম স্টেডিয়ামে ডিরেক্টর বক্স এ বসে প্রিমিয়ারশীপ ফুটবল দেখার সুযোগ।

১১ বছর বয়সী আলফি ব্রাউন জীবনের শুরুতেই কঠিন পরিস্থিতি সাহসের সাথে মোকাবেলা করার স্বীকৃতি স্বরূপ পেয়েছে "রিমারকেবল স্পিরিট এন্ড কারেজ" এওয়ার্ড।

মাত্র ৮ বছরের শিশু আব্দুল কাইয়ূম তাঁর মা, যার শ্রবণ শক্তি সমস্যা রয়েছে, তাঁকে সার্বক্ষনিক সাহায্য সহযোগিতা করায় লাভ করে শীর্ষ পুরস্কার। এই শিশু বয়সেই আব্দুল কাইয়ূম সাইন লেঙ্গুয়েজ শিখেছে এবং অন্যদের সাথে মায়ের প্রতিদিনকার যোগাযোগে সে-ই মায়ের হয়ে কথা বলে।

ডাফ রান এ অংশ গ্রহণ এবং ১০০ পাউন্ড সংগ্রহ করায় ১২ বছরের তাহেরা বেগমকে দেয়া হয় "রাইজিং এওয়ারনেস ফর এ গ্রেট কজ" ক্যাটাগরীতে শীর্ষ পুরস্কার।

Dhuuniga dugsiyada ee waqfiga ah

Free dinners for school starters – page 3

MEEYARKA Lutfur Rahman ayaa maalintii Arbacda, 11 Sebtembar ayaa daah furay munaasabada loogu talagalay qadada waqfiga ee carruurta ugu yaryar dugsiiyada.

Kawnsulka Tower Hamlets ayaa ka mid noqday dhawrka kawnsul eeqadaw waqfiya siiya carruurta bilawga iyo kuwa sanadka 1aad.

Bishii Maarij ayuu kawnsulku ansaxiyey £2.76 milyan in la geliyo mashruucan carruurta lagu quudinayo.

Maadaama uu ku dhawaaqay kawnsulku Tower Hamlets qorshiisa bishii Maarij, fikradii waxay noqotay door weyn ay ku yeelato siyaasada waxbarashada ee dawlada dhexe.

Warbixin bishii Juulay la soo saranay waxaa lagu qaaxay oo halku dheg looga dhigay qorshaha dhuuniga dugsiiyada, wuaxy ku baaqday in ardayda dugsiyada hoose oo dhan cuntada waqfi looga dhigo, taasi oo loo cuskaday cuntada nafaqada lihi xidhiidh ka dhexeeyu in ilmuhu hagaag wax u barto.

বারায় চালু হলো ফ্রি স্কুল মিলস্ স্কীম

টাওয়ার হ্যামলেটসের স্কুল শিক্ষার্থীদের জন্য ফ্রি স্কুল মিলস্ কার্যক্রম ১১ সেপ্টেম্বর বুধবার আনুষ্ঠানিকভাবে চালু করলেন নির্বাহী মেয়র লুৎফুর রহমান। শিশু শিক্ষার্থীরা যাতে দিনে কমপক্ষে একটি গরম ও পুষ্টি সমৃদ্ধ খাবার পায়, তা নিশ্চিত করতে বিনামূল্যে স্কুল শিক্ষার্থীদের লাঞ্চ সরবরাহে কাউন্সিল ২ দশমিক ৭৬ মিলিয়ন পাউন্ড বরাদ্দ করেছে। বিস্তারিত নীচে-

FREE DINNERS FOR SCHOOL STARTERS

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

বারায় চালু হলো ফ্রি স্কুল মিলস্ স্কীমঃ প্রায় ৪ হাজার শিক্ষার্থী উপকৃত হবে

Free dinners for school starters – page 3

Mayor Rahman and Myles Bremner with pupils at the launch of the school meals scheme

টাওয়ার হ্যামলেটসের স্কুল শিক্ষার্থীদের জন্য ফ্রি স্কুল মিলস্ কার্যক্রম ১১ সেপ্টেম্বর বুধবার আনুষ্ঠানিকভাবে চালু করলেন নির্বাহী মেয়র লুৎফুর রহমান। বিনামূল্যে স্কুল শিক্ষার্থীদের লাঞ্চ সরবরাহ করতে কাউন্সিল ২ দশমিক ৭৬ মিলিয়ন পাউন্ড বরাদ্দ করেছে।

শিশু শিক্ষার্থীরা যাতে দিনে কমপক্ষে একটি গরম ও পুষ্টি সমৃদ্ধ খাবার পায়, তা নিশ্চিত করতে যে গুটি কয়েক স্থানীয় কর্তৃপক্ষ রিসেপশন এবং ইয়ার ১ এর শিক্ষার্থীদের খাবারের জন্য তহবিল যোগাচ্ছে, তাদের তালিকায় নাম লিখালো টাওয়ার হ্যামলেটস্ কাউন্সিল।

দু'টি শিক্ষা বর্ষের জন্য ফ্রি স্কুল মিলস্ স্কীমের জন্য গত মার্চ মাসে ২.৭৬ মিলিয়ন পাউন্ড বিনিয়োগে কাউন্সিল সম্মত হয়।

ফ্রি স্কুল মিলস্ স্কীমের আনুষ্ঠানিক উদ্বোধনকালে নির্বাহী মেয়র লুৎফুর রহমান বলেন, এই উদ্যোগের ফলে প্রায় ৪ হাজার শিশু উপকৃত হবে। আমাদের শিশুরা স্বাস্থ্যসম্মত পুষ্টি সমৃদ্ধ খাবার খাচ্ছে - তা নিশ্চিত করতে এই ধরনের উদ্যোগ খুবই গুরুত্বপূর্ণ।

তিনি বলেন, টাওয়ার হ্যামলেটসের উঠতি বয়সীদের জন্য শিক্ষাগত অর্জন ও সুবিধাদি আরো উন্নত করতে আমার পক্ষে যতটুকু করা সম্ভব তা করতে আমি বদ্ধপরিকর। আর এটা আমরা সবাই জানি যে, শিশুদের শিক্ষণের ক্ষেত্রে স্বাস্থ্য সম্মত খাবার দাবারের ভূমিকা খুবই গুরুত্বপূর্ণ।

এই ইস্যুতে মাত্র যে কয়েকটি কাউন্সিল উদ্যোগী ভূমিকা পালন করছে, তাদের একটি হতে পেরে তিনি গর্বিত বলে উল্লেখ করেন।

এই উদ্যোগের ফলে আগামী ২ বছরে বারার ৭৪টি স্কুলের ৩ হাজার ৯৪৩ জন শিক্ষার্থী উপকৃত হবে।

গত মার্চ মাসে টাওয়ার হ্যামলেটস্ কাউন্সিল যখন ফ্রি স্কুল মিলস্ এর পরিকল্পনা ঘোষনা করে, তখন থেকে এটি সরকারের শিক্ষা নীতির মৌলিক অংশ হিসেবে বিবেচিত হয়ে আসছে।

গত জুলাই মাসে এডুকেশন সেক্রেটারী মাইকেল গোভ এর উদ্যোগে 'স্কুল ফুড প্ল্যান' শীর্ষক এক পরিকল্পনা পত্রে প্রাইমারী স্কুলের সকল শিক্ষার্থীকে বিনা মূল্যে দুপুরের খাবার সরবরাহ করা উচিত বলে বলা হয় যে, লেখা পড়ায় ভালো সাফল্য অর্জনের সাথে পুষ্টিকর খাবার গ্রহণের ভালো যোগাযোগ রয়েছে।

এই রিপোর্টে উল্লেখ করা হয় যে, প্যাকড লাঞ্চের তুলনায় স্কুল মিলস্ সাধারণত স্বাস্থ্যসম্মত হয়ে থাকে। বর্তমানে অভিভাবকরা বাচ্চাদের প্যাকড লাঞ্চের পেছনে প্রায় ১ বিলিয়ন পাউন্ড ব্যয় করে থাকেন। অথচ এর মাত্র ১ শতাংশ পুষ্টিমান অর্জন করে থাকে। অধিকাংশ প্যাকড লাঞ্চেই থাকে স্বাস্থ্যের জন্য ক্ষতিকর স্ন্যাকস্, যেমন সুইটস্, চকোলেট ইত্যাদি।

টাওয়ার হ্যামলেটসের ফ্রি স্কুল মিলস্ প্রকল্পটির উদ্বোধন উপলক্ষে পপলারের বায়গ্লোভ প্রাইমারী স্কুলে গিয়েছিলেন মেয়র লুৎফুর রহমান, মেলিজ ব্রেমনার, ডেপুটি মেয়র কাউন্সিলর অহিদ আহমদ, এবং কেবিনেট মেম্বার ফর স্কুলস্ কাউন্সিলর ওলিউর রহমান।

গভীর শ্রদ্ধায় পালিত হলো বিশ্বকবির মৃত্যুবার্ষিকী

Tagore's death anniversary celebrated

রবীন্দ্রনাথ ঠাকুরের ৭২তম মৃত্যুবার্ষিকী উপলক্ষে এসআরজেবি ৫২ এর উদ্যোগে এক অনুষ্ঠানের আয়োজন করা হয়। এতে কবির গীতিনাট্য বিদায় অভিশাপ পরিবেশন করেন শ্রীপর্ণা ডেবেস্কার এবং প্রসেনজিৎ দত্ত। সংগীত পরিবেশন করেন তনুশ্রী গুহ ও সারওয়ার ই আলম এবং কবিতা আবৃত্তি করেন ইয়াসমিন সুলতানা ও রেজওয়ান মারুফ। এ ছাড়াও গোলাম কবিরের পরিচালনায় রবিবার ছোট গল্পটির উপর নির্মিত শর্ট ফিল্ম প্রদর্শিত হয়।

টাওয়ার হ্যামলেটসে মেন্টাল হেলথ সার্ভিস নিয়ে মতামত দিতে বাসিন্দাদের প্রতি আহ্বান

Shaping mental health services in Tower Hamlets – page 9

টাওয়ার হ্যামলেটসের বাসিন্দাদের মেন্টাল হেলথ সার্ভিস প্রদানের লক্ষ্যে কৌশল পরিপত্র প্রণয়নের ব্যাপারে বারার বাসিন্দাদের কাছ থেকে মতামত আহ্বান করা হয়েছে।

জন-জীবনের গুণগত মান উন্নয়ন ও মানসিক স্বাস্থ্য সংক্রান্ত সমস্যা সমাধানের লক্ষ্যে হেলথ এন্ড ওয়েলবিয়িং বোর্ড, ক্লিনিক্যাল কমিশনিং গ্রুপ এবং টাওয়ার হ্যামলেটস কাউন্সিলের উদ্যোগে আগামি তিন বছরের জন্যে মেন্টাল হেলথ সার্ভিসের খসড়া মেন্টাল হেলথ স্ট্র্যাটেজি প্রণয়ন করা হয়েছে।

কমিউনিটি গ্রুপ ও স্থানীয় কেয়ার প্রফেশনালদের অভিমত নিয়ে খসড়া স্ট্রাটেজি প্রণয়ন করা হয়েছে।

জনগন যাতে তাদের নিজেদের মানসিক স্বাস্থ্য সুরক্ষায় সচেতন হতে পারেন, সেজন্যে কিছু পদক্ষেপ এই এই নীতিমালায় প্রস্তাব করা হয়েছে। উচ্চ গুণগত মান সম্পন্ন চিকিৎসা সেবা নিশ্চিত করা এবং যখন মানসিক স্বাস্থ্য সমস্যা দেখা দেয় তখন যাতে তারা সহযোগিতা পেতে পারেন তার জন্যে উদ্যোগ নেয়ার বিষয়টি এতে স্থান পেয়েছে।

সকলের সাথে আলোচনা শেষে হেলথ এন্ড ওয়েলবিয়িং বোর্ডের সদস্যরা তাদের নিজেদের সংগঠনের মধ্যে থাকা বৈষম্য ও বিরূপ মনোভাব হ্রাস করার ব্যাপারে অঙ্গীকার ঘোষনা করবেন।

আগামী ১০ই অক্টোবর টাওয়ার হ্যামলেটস টাউন হলে সকল সংগঠনের পক্ষ থেকে আনুষ্ঠানিক ভাবে অঙ্গীকারনামায় স্বাক্ষর করা হবে।

News in brief

শান্তিপূর্ণভাবে বর্ণবাদ বিরোধী সমাবেশ ও ইডিএলের মিছিল অনুষ্ঠিত

কোন অপ্রীতিকর ঘটনা ছাড়াই ইংলিশ ডিফেন্স লীগের পূর্ব ঘোষিত মার্চ বা মিছিল অনুষ্ঠিত হয়েছে। এই বর্ণবাদী সংগঠনের মিছিল বিরোধী সকল সম্প্রদায়ের সমাবেশও অনুষ্ঠিত হয়েছে শান্তিপূর্ণভাবে। সর্বাবস্থায় শান্তি বজায় রাখতে টাওয়ার হ্যামলেটসের নির্বাহী মেয়র, কাউন্সিল, স্থানীয় কমিউনিটি, ধর্মীয় সংগঠনগুলো এবং মেট্রোপলিটান পুলিশ যৌথভাবে ভুমিকা রাখে।

পরিকল্পনামাফিক ইডিএল ওল্ডগেইট হাই স্ট্রীটে এসে অবস্থান গ্রহন করে এবং মিছিল শেষে পুলিশ তাদেরকে টাওয়ার ব্রীজ দিয়ে চলে যাওয়ার জন্যে নিয়ে যায়।

টাওয়ার হ্যামলেটসের নির্বাহী মেয়র লুৎফুর রহমান ইউনাইটেড ইস্টএন্ড এবং ইউনাইটেড এগেইন্সট ফ্যাসিজম এর সাথে রাজপথে বর্ণবাদ বিরোধী সমাবেশে যোগ দিয়েছিলেন। তিনি বলেন, ইডিএল আমাদের বারায় কোন ধরনের গন্ডগোল সৃষ্ঠি করতে না সেজন্যে আমরা যে ব্যবস্থা গ্রহন করেছিলাম তা সফল হয়েছে

মেয়র বলেন, আজ আমরা এখানে বিভিন্ন জাতি গোষ্টি, সম্প্রদায়ের সর্বস্তরের মানুষের এই সমাবেশ থেকে ইডিএলের ঘৃনার বার্তা প্রত্যাখান করার সুযোগ পেয়েছি।

সেকেন্ডারি স্কুলের আসনের জন্যে এখনই আবেদন করুন

২০১৪ সালের সেপ্টেম্বর মাসে যাদের ইয়ার সেভেনে ভর্তি হওয়ার কথা, তাদের অভিভাবকদের এখনই স্কুলের আসন চেয়ে আবেদন করতে বলা হয়েছে।

সেকেন্ডারি স্কুল পছন্দ করা অভিভাবকদের জন্যে একটি গুরুত্বপূর্ন বিষয়। টাওয়ার হ্যামলেটসের স্কুলগুলো বর্তমানে সারা দেশের মধ্যে ভাল ফলাফল করা স্কুলগুলোর মধ্যে অন্যতম।

সেকেন্ডারি স্কুল পছন্দ করার সময় অভিভাবকদের তাদের সন্তানের জন্যে উপযোগি স্কুল পছন্দ করতে পর্যাপ্ত তথ্য সংগ্রহ করতে হবে। রেডি ফর সেকেন্ডারি স্কুল গাইড বর্তমানে আপনার সন্তানের প্রাইমারি স্কুলগুলো থেকে বিতরণ করার ব্যবস্থা করা হচ্ছে। কাউন্সিলের এই ওয়েব সাইট থেকে – www.towerhamlets.gov.uk/schooladmission – ডাউন লোড করা যাবে।

আগামি বছরের ভর্তি হবার জন্যে আবেদন করার শেষ সময় ৩১ শে অক্টোবর, অভিভাবকরা ফরম পুরন করে আবেদন করতে পারবেন অথবা www.towerhamlets.gov.uk/schooladmission অনলাইনেও ফরম পুরন করতে পারবেন।

পপলার বাংলাদেশী কমিউনিটি প্রজেক্ট

টাওয়ার হ্যামলেটসের মেয়রের সামার গ্রান্টসের অর্থায়নে পপলার বাংলাদেশি কমিউনিটি প্রজেক্টের উদ্যোগে আউটডোর এক্টিভিটিজ প্রোগ্রামের আয়োজন করা হয়। এর অংশ হিসাবে সম্প্রতি লেগো ল্যান্ড এবং কিউ গার্ডেনে এক ট্রিপেরও আয়োজন করা হয়।

উল্লেখ্য যে, এই প্রকল্পের লক্ষ্য ও উদ্দেশ্য হল তরুনদের মধ্যে পারিবারিক বন্ধন এবং তরুনদের জন্যে ইতিবাচক কর্মসুচি গ্রহন করা। দৈনন্দিন জীবন যাপনে লেখাপড়া, স্বাস্থ্যকর জীবন যাপন, শরীর চর্চ্চা ইত্যাদির ব্যাপারে সচেতনতা সৃষ্ঠির জন্যে ও এই প্রকল্প কাজ করে যাচ্ছে।

জানা গেছে, উল্লেখিত ট্রিপে পরিবার-পরিজন নিয়ে এলাকার বাসিন্দারা যোগ দেন এবং ২৯শে জুলাই থেকে ২৮শে আগষ্ট পর্যন্ত আউটডোর কর্মসূচিতে তারা অংশগ্রহন করেন।

সানি'জ চ্যারিটি ইভেন্ট ঈদ মেলা

সানি'জ চ্যারিটি ইভেন্টের উদ্যোগে ২৮শে সেপ্টেম্বর দুপুর ১টা থেকে সন্ধ্যা সাড়ে ৬টা পর্যন্ত এক ঈদ মেলার আয়োজন করা হয়েছে।

এই ঈদ মেলায় থাকবে বিভিন্ন ধরনের পোষাক-পরিচ্ছদ, খাবার, বই, মেহেদি এবং মিষ্টিসহ অন্যান্য পণ্য দ্রব্যের স্টল।

সানি'জ চ্যারিটি ইভেন্টের পক্ষ থেকে পূর্ব লন্ডনের ব্রাডি সেন্টারে এই ঈদ মেলার আয়োজন করা হয়েছে।

■ The above stories are: EDL march passes without major incident – page 1; apply for your child's secondary school place now – issue 976; Poplar Bangladeshi community project; Eid Mela family fun.

সুখবর সুখবর সুখবর

মদীনাতুল উলূম ওয়েলফেয়ার ট্রাষ্ট ইউকে'র চ্যারিটির পক্ষ থেকে লন্ডনের জনসাধারনের সুবিধার্থে মুসলীম ম্যারিজ সার্টিফিকেট এবং ডিভোর্স সার্টিফিকেট এর ব্যবস্থা করা হয়েছে।

Good News: We arrange Muslim Marriage Certificate & Divorce Certificate

ব্যবস্থাপনায়- মদীনাতুল উলূম ওয়েলফেয়ার ট্রাষ্ট ইউকে

চ্যারীটি রেজিষ্ট্রেশন নং: 1125118

বিস্তারিত জানার জন্য যোগাযোগ করুন:

মাওলানা ক্বারী শামছুল হক (ছাতকী)

(সাবেক) ইমাম ও খতীব- লাইম হাইস জামে মসজিদ, লন্ডন
চেয়ারম্যান- মদীনাতুল উলূম ওয়েলফেয়ার ট্রাষ্ট ইউকে
প্রতিষ্ঠাতা প্রিন্সিপাল- জামেয়া ইসলামিয়া মদীনাতুল উলূম মহিলা মাদ্রাসা
নয়া লস্করহাটি- কছরখালি, ছাতক, সুনামগঞ্জ

ফোন: 07949 872154 / 07533 412951, 07949008666

170 Cannnon Street Road, London E1 2LH

মাওলানা ক্বারী শামছুল হক (ছাতকী)

June Baker and Mary Taylor in the hop gardens at Park Farm, Bodiam, East Sussex

John Moore, Ross, Janet Ambler (now Pearce), Maureen Irish and Dennis Mortimer in c1949/50 at Luck's Farm, East Peckham, Kent

(l-r) Susan Dulieu from Cable Street and Simone Ammiratta with their hop crowns

Guinness' Northland's Farm at Bodiam in and Charlie Brownlow in the back row an Terry Brownlow

Hop happy

The spirit of a long gone, but not forgotten, East End tradition was revived at an annual hop festival, bringing back happy memories for many residents, as **Jessica Odubayo** reports.

UP until about the early 1960s, the tradition of hop-picking thrived among east Londoners who would make an annual trip to Kent or other countryside regions for family working holidays, living in huts and picking hops on the farms.

Former MP Mildred Gordon spoke about her fondness for the East End

> "The bines were full of dew which would soak us as we started to pull down the hops."
>
> Rita Brown, Cable Street

Harry Watt, Tom Shuffle, Mary Shuffle, Sally Watt now Ellames, Julie Callagher, Ada Watt and Sarah Watt, formerly Hitching, in the hop gardens at Jack Thompsett's Den Farm, Collier Street, Kent in the 1950s

Sylvia Cashman with the programme

As well as providing an additional income, the season provided a break from the East End and a retreat in the sunshine and the fresh air of the countryside.

And for many east Londoners, September will always be remembered as a working holiday away from the hardships of living in the inner city to visit the fields to pick hops for the brewery industry.

Tower Hamlets Community Housing (THCH) holds an annual hop festival and the event on September 4 brought together more than 250 residents in the courtyard garden in Cable Street.

Rita Brown, from Cable Street, said: "I remember the tin huts, packed with all the family sleeping top to tail on mattresses we stuffed with straw then covered with sheets. Each day we woke early to reach the hop fields about seven o'clock in the morning.

"The bines were full of dew which would soak us as we started to pull down the hops, but there we stayed until after 4pm, picking hops. They were long hard days but also enjoyable and I'm delighted THCH hold this festival and celebrate those times."

As part of the annual festival, a number

Sussex in 1950 with Margie Brownlow
d Keith Brownlow, Kate Milchard &

Mr & Mrs Gallagher with Kitty Adams and Jackie Gallagher from Westport Street, Stepney in the hop gardens at Pembles Farm, Five Oak Green, Kent in 1959

Wapping resident Sybil Yates (left) with THCH senior admin officer Jodie Caya

Deputy speaker Cllr Mohammed Mukit with Pearly Queens

Roddy Butcher from Laddingford, Kent, with a hop bine

Rita Brown enjoys a glass of shandy

Kit Webber with her Aunt Mary, her dad Sam Webber and her mum Emmie Rist in the hop gardens at Diamond Place Farm (also known as Honey's Farm), Nettlestead, Kent

Bill Brownlow, Margie Brownlow, Terry Brownlow and Kate Milchard to the rear with Keith Brownlow and Kevin Locke to the front at Guinness' Northland's Farm at Bodiam in Sussex in 1958. Guinness first bought land at Bodiam to grow hops for their brewery in 1905 and at its peak 800 acres were devoted to hop growing.

of residents donated images from bygone days. THCH has used the photos to produce a booklet which can be downloaded from its website at **www.thch.org.uk**

Photos will also be on display at an exhibition at THCH's head office, 285 Commercial Road, Stepney from September 23 to 27.

Deputy council speaker Cllr Mohammed Mukit, Poplar & Limehouse MP Jim Fitzpatrick and Mildred Gordon, a former MP for Bow and Poplar, were among guests at the festival.

Ms Gordon spoke of her fondness for the East End ahead of guests tucking in to lunch of pie and mash and jellied eels.

Terry Duncan from Shadwell said: "I've been coming to the hop festival for the past few years and this was the best one."

THCH chief executive Mike Tyrell said: "The annual hop picking trip to Kent was an opportunity for many East End families not only to earn much-needed money to tide them over the winter, but also an opportunity for the children to see the countryside and take in much-needed fresh air.

"By holding these festivals and producing booklets full of images from these trips, we are making an important contribution to the historical record of East End life, whilst providing older residents the chance to get together and reminisce about the old days."

Ann Nash from Olli Construction, which provided sponsorship for the event, said: "What a wonderful day we had. We were really proud to be part of this festival and are happy to sponsor next year's event."

> "The annual hop picking trip to Kent was an opportunity for many East End families not only to earn much needed money to tide them over the winter but also for the children to see the countryside and take in much-needed fresh air."
>
> Mike Tyrell, chief executive, THCH

Unusual hobby...

The Night Climbers of Cambridge was written about nocturnal climbing on the buildings of Cambridge in the 1930s.

SEE BELOW

From Canada to Canary Wharf

Originally from Canada, Dana Alexander started stand-up when she was 18. She made her Edinburgh Fringe debut in 2011, and is known for her outspoken and irreverent material.

SEE BELOW

Out & about guide

What's on where this week

Comedy

Canary Wharf Comedy Club
A night of laughs featuring stand-ups Pete Firman, Jimmy McGhie, Dana Alexander, Shappi Khorsandi and Joe Lycett. £12.
Mon, Sept 23, 7.15pm (doors open 6.30pm).
East Wintergarden, 43 Bank Street, Canary Wharf, E14.
www.seetickets.com
0871 220 0260

Exhibitions

Estuary
Fourteen contemporary artists, including Jock McFadyen, Gayle Chong Kwan, Bow Gamelan Ensemble and Christiane Baumgartner, mark the museum's 10th anniversary with pieces inspired by the Thames. Free
Daily 10am-6pm.
Museum of London Docklands, Hertsmere Road, West India Quay, E14.
7001 9844
www.museumoflondon.org.uk/docklands

The Night Climbers of Cambridge
French multimedia artist Thomas Mailaender curates vintage photographs depicting nocturnal climbers during the inter-war period. Free.
Fri, Sept 20-Sun, Oct 20 (Mon-Fri, 11am-6pm).
Roman Road Project Space, 69 Roman Road, E2.
www.romanroad.com

Tomorrow There Is No Recording
Solo exhibition by artist Nick Relph who works across video, drawing and installation.
Fri, Sept 20-Sun, Nov 10 (open Weds-Sun, 1-6pm).
Chisenhale Gallery, 64 Chisenhale Road, E3.
8981 4518
www.chisenhale.org.uk

Sculptures from The Ingram Collection of Modern British Art
Bronze sculptures bringing together important works by major artists including Elisabeth Frink, Lynn Chadwick and Kenneth Armitage.
Mon, Sept 16-Fri, Nov 15. Free.
Lobby, One Canada Square, Canary Wharf, E14.
www.canarywharf.com

Theatre

Love 'n' stuff?
New comedy – after 35 years of a loving marriage, Mansoor has vowed to return to Delhi after tiring of London life. But Bindi is determined to stay put and has assembled a host of friends and neighbours in an attempt to convince her husband to change his mind.
Until Sat, Oct 5. Tues-Sat, 8pm.
BSL signed performance on Fri, Sept 27.
£12.50-£15 (£8.50-£10 concs).
Theatre Royal Stratford East, Gerry Raffles Square, E15.
Tickets: 8534 0310
www.stratfordeast.com

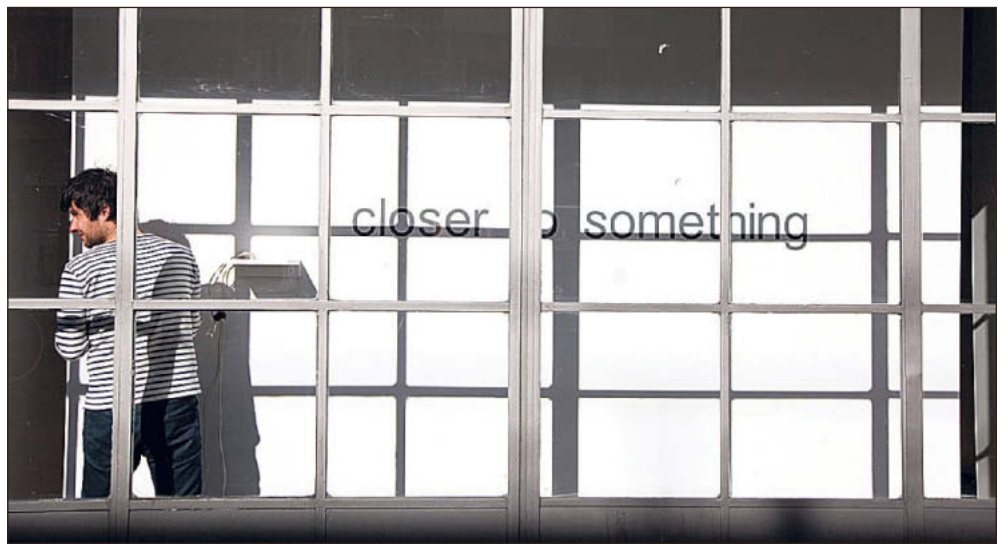
Music

Lunchtime concert
Award-winning pianist Richard Uttley performs works from Schubert, Benjamin Britten and Mark Simpson.
Free. Tues, Sept 17, 1.05pm.
Bishopsgate Institute, 230 Bishopsgate, EC2.
7392 9200

The Great Malarkey + El Andaluz Duo
Female-fronted gypsy-folk combo perform their whisky-soaked cabaret.
Sat, Sept 21, 8pm.
£5, £3 before 8.30pm.
Jamboree, 566 Cable St, E1W.
www.jamboreevenue.co.uk

Block Porter Presents... Monroe
Up-and-coming British girl group perform 'pop' influenced by dubstep and r 'n' b. Also on the bill: Mano's Daughter, Olivia Anna Livki, Splext & The Effects, Nicole Dainton and Looceedee.
Weds, Sept 18. 7pm-midnight.
£5 on the door.
The George Tavern, 373 Commercial Road, E1.

Sunday sessions on the Busk Barge
Latin bands perform on a barge on the River Lea.
Busk Barge, by the Timber Lodge, Queeen Elizabeth Olympic Park, E20. Free.
Sun, Sept 22, 12-5pm.
http://queenelizabetholympicpark.co.uk/



Open House London
Billed as the capital's greatest architectural showcase, this annual event celebrates all that is best about the capital's buildings, places and neighbourhoods. Tower Hamlets offerings include Balfron Tower in Poplar, the Blackwall Tunnel northbound refurbishment, East London Central Synagogue, Four Corners film studios in Bethnal Green (pictured) and the Canary Wharf Crossrail construction site. Most buildings allow entry on a first come basis, but a few require advance booking. Sat & Sun, Sept 21 & 22.
www.londonopenhouse.org

Dance

Argentinian tango E14
Class. Sat 2-5pm. £5. St John's Community Hall, 37 Glengall Grove, E14.
7538 3852

Ballroom/Latin American
Fri, 2-4pm, £2.50, 20p refreshments.
Kingsley Hall, Powis Road, E3.
8550 1392

Belly dancing
Beginners' belly dancing classes
Sats, 2-3pm, £6.
Oxford House, Derbyshire Street, E2.
07796 850506

Brazilian dance aerobic classes
Brazilian dance aerobics – Weds, 9-10am & Thurs, 1-2pm, free. Ballet class for ages 3-5 – Thurs, 3.50-4.25pm; for ages 6-11 – Thurs, 4.25-5.10pm, both £4/class. Yoga class – Fri, 10.30-11.30am, free.
Alpha Grove Centre, Isle of Dogs, E14
7538 1714

Energize4Girlz
South African gumboot dancing. Every other Saturday from 11am-12:30pm.
St Pauls Shadwell Church, 302 The Highway, E1.
energize4girlzdance@gmail.com

Green Candle Youth Dance Co
Ages 11-14. Tues, 4-5.30pm, free.
Oxford House, Derbyshire Street, E2.
7739 7722

If you have a date for our Out and About diary, send the details to eastendlife.news@towerhamlets.gov.uk

Mindfulness courses and retreats

Free places available

Breathing Space at the London Buddhist Centre in Bethnal Green teaches Mindfulness Based Approaches to prevent relapse into depression and addiction, and to manage stress and anxiety. Our courses and retreats are run in a beautiful self-contained space at the London Buddhist Centre, and at our picturesque retreat centre in the Suffolk countryside. They are not Buddhist activities and you do not need to be a Buddhist to come on them.

breathing space

Stay free from addiction
6-week course in Mindfulness Based Relapse Prevention (MBRP)
- Wednesdays from 30 October to 4 December 2013, 7.15 - 9.45pm.

Free places available for residents of Tower Hamlets on a low income.
To apply for a free place call us or go to
www.breathingspacelondon.org.uk/booking-programme/free-places

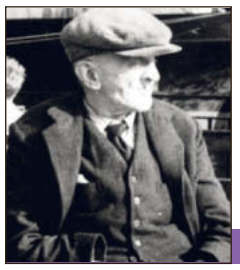
Mindfulness for health professionals
Training day with Dr Paramabandhu Groves
- Saturday 12 October 2013, 10am - 5pm.

The day will introduce health professionals and health-profession students to the theory and practice of using Mindfulness to help with health-related conditions (MBCT/MBRP/MBSR).

Stress relief retreat for carers
Free 2-day retreats for carers in Tower Hamlets
Retreat in the Suffolk countryside, teaching carers simple tools to manage stress and anxiety.
- 23-25 September 2013
- 25-27 September 2013

Stress relief drop-in for carers
Free drop-in sessions every Tuesday 11.15am-12.45pm for carers
Relaxation and a chance to meet other carers. Held at the London Buddhist Centre in Bethnal Green. No need to book, just come along.

To apply or get more information visit
www.breathingspacelondon.org.uk or call 020 8981 1225



Music hall soundtrack to Bow Bells

Bow Bells uses silent footage cut to recordings of music hall songs, and is a sequel to Anthony Simmons' Sunday by the Sea. Part of the Urban Wandering season at the Barbican.

SEE BELOW

Time for tea?

Beginners are welcome at the Queen Mary University tea dance.

DETAILS BELOW

Out & About

Portrait of Queenie (1964)

It Always Rains on Sunday

London, the Modern Babylon

The times they are a changin'

BY RUSSELL COTMAN

THE changing face of east London has provided rich pickings for film makers for decades.

That fact will be celebrated at a new festival Urban Wandering – Film and the London Landscape, which has a particular focus on the East End.

Running from this Wednesday, September 18 to Wednesday, October 2 at the Barbican, it will be packed with contemporary and archive feature films and documentaries alongside talks and panel discussions, an aural installation in the Barbican Conservatory by Iain Sinclair and Chris Petit, and an exhibition by Hackney artist Karen Russo.

The season focuses on ideas related to a heightened awareness of the city environment, something often encapsulated in the concept of 'psychogeography' by writers, artists and film makers.

Will Self, Stephen Poliakoff, Owen Hatherley, Will Raban, Manu Luksch, Emily Richardson and Patrick Keiller all feature in this season that considers how war-time bombings, migration and economic growth have brought changes to the city.

The bombsites, narrow streets, riversides, warehouses, markets and pubs of 1950s and 60s East End are featured in a programme of documentaries including Lorenza Mazzetti's experimental Free Cinema film Together (1956) which follows two East End dockers; Anthony Simmons' Bow Bells (1954), an affectionate portrait of the area, setting memorable images of the faces, streets and buildings around the dockyards to snatches of classic music hall songs; and Portrait of Queenie (1964), a documentary profile of blues singer and landlady Queenie Watts in her East End pub.

A more contemporary take on east London will come from works by film makers Hazuan Hashim and Phil Maxwell in East One (2013) which traces the major changes that have occurred in Spitalfields and Banglatown.

The season opens with It Always Rains on Sunday, a look at East End life after the World War II while Will Self will be talking after a series of short films looking at life on estates in Estate.

The Barbican is in Silk Street, EC2 – for full details of films and screening times, visit **www. barbican.org.uk** or call 7638 4141.

Films are class act

AN exhibition following Dutch artist Annette Krauss' year-long collaboration with St Paul's Way Trust School in Bow and Cumberland School, Newham opens at Whitechapel Gallery this week.

Using performance and film as tools, Krauss explored the idea of 'unlearning', resulting in a series of playful short films with the students.

From small acts of creative disobedience, to reinventing the use of objects and everyday routines, In Search of the Missing Lessons pursues Krauss' interest in radical education and teaching. It runs at the gallery at 77-82 Whitechapel High Street, E1 from Tuesday, September 17 until December 1. Admission is free.

PUT on your dancing shoes and step back in time to the sounds of the roaring '20s, '30s and '40s at a tea dance at the People's Palace, Queen Mary University of London.

The Ragroof Theatre will be hosting the stylish afternoon, suitable for all ages, in the Palace's Great Hall in Mile End Road, E1 on Sunday, September 22.

The event is produced in association with the theatre group as well as the dance teacher and choreographer Dorothy's Shoes from Brighton and students from Queen Mary's department of drama.

Rose Sharp, project co-ordinator of drama at Queen Mary, said: "This event is aimed at everyone from absolute beginners to experienced dancers, and of course there will be tea and cake too. What better way to spend a Sunday afternoon."

Doors will open at 2pm and tickets are available on the door priced at £5, (£4 concessions), with tea and cake for £1.

News in brief

A weekend down Havana way

FOLLOWING last year's Havana Santiago show, Boiler Room's Thristian will be curating another weekend of Cuban infused music, film, art and food at Rich Mix.

Supported by Cuban rum Havana Club, there will also be a chance to create your own cocktail at the Mojito Embassy.

Havana Club Weekend is on Friday and Saturday, September 20 & 21 at Rich Mix, 35-47 Bethnal Green Road, E1.

For further details on events and times, and to book for ticketed events, call 7613 7498.

Victoria Park Singers need you!

IF you love singing, but are tired of doing it on your own in the shower, then Victoria Park Singers could be for you.

The community choir, which launched in April, is about to start its new term and wants to recruit new members.

The singers will be getting together every Wednesday, starting on September 25.

Led by professional singer and conductor Hannah Brine, the singers promise to improve your skills and teach you new music

Hannah said: "There are no auditions and you don't need to have any previous experience to join in – you'll be amazed at how quickly you can start making a brilliant sound."

The choir already has more than 50 members of all ages and backgrounds, and has performed at the Idea Store Whitechapel, St John's Hackney and as part of the Big Gig in Victoria Park.

Songs are carefully selected to offer something for everyone; from pop to gospel, classical to musical theatre, jazz to folk.

Victoria Park Singers meets on Wednesdays at the Royal Inn on the Park, 111 Lauriston Road, Hackney from 7-8.45pm. The cost of the term is £80.

For more details contact **info @victoriaparksingers.co.uk** or visit **www.victoriapark singers.co.uk**

COMPASS
WELLBEING CIC

PSYCHOLOGY & COUNSELLING SERVICES

STRESSED?

ANXIOUS?

DEPRESSED?

Want to change the way you feel?

FREE Help is available from experienced Psychological Therapists for all Tower Hamlets residents 18 or over

Text YOUR NAME to 07983 429 660 (someone will call you back)
Call: 020 7791 9497 in English (an answer service is available)
Call: 020 7791 9483 in Bengali (an answer service is available)
Visit: www.compassth.nhs.uk

Please note: We are not an emergency or crisis service. If you need urgent help or support, you should contact your GP and/or the emergency services.

Delivering NHS Psychological Therapy Services for the community

change 4 life

Five good reasons to eat five a day?

1. They're full of vitamins. **2.** They help keep your weight down. **3.** They're a source of antioxidants. **4.** They cut the risk of heart disease and some cancers. **5.** They are delicious!

WWW.5ADAY.NHS.UK

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

CALL OUR ADS TEAM ON 7364 4940

Baa, quack, yum, yum!

BY PECKISH POLLY

URBAN Food Fortnight, the campaign to support food growing spaces in London, runs from September 14-29.

As part of the campaign, Londoners are being encouraged to feast on the fabulous produce being grown, produced and cooked locally.

Restaurants, cafés, bars and pubs will showcase dishes and drinks made with fruit, vegetables and herbs from urban farms and honey cultivated in community beehives.

Stepney City Farm, which is joining in the celebrations, is hosting an edible garden dinner on Tuesday, September 24, and is inviting people to enjoy a meal cooked with ingredients picked from the fields that day.

Full of late summer and early autumn flavours, the menu includes pumpkins, lavender, chillies, greens, spinach, bay, rosemary and thyme – all grown in Stepney.

And to help work up an appetite, visitors will be taken on a tour of the farm before sitting down to dinner in the café.

Peckish Polly was invited to Stepney Farm for a preview of the three-course meal of pumpkin soup with roast chillies and homemade bread for starters; slow roast shoulder of lamb with salsa verde, accompanied with butter beans, pumpkin greens and spinach, potatoes and garden herbs as the main course; and afters of lemon and almond cake with lavender ice cream.

Glasses of fresh rosemary lemonade, made with rosemary from the farm garden, were served with the food.

Café manager Jassy Davis with some of her homemade cakes

The whole meal was thoroughly enjoyable. The soup was thick and creamy, the sweetness of the pumpkin was offset by the edginess of the chillies and the homemade bread, fresh out of the oven, made the first course even more enjoyable.

The lamb was deliciously tender and fell off the bone as I tucked in. The distinct flavours and smells of the greens and garden herbs served with the potatoes, made it evident that they literally came straight from the garden on to the table.

Although the lavender ice cream tasted quite strong, it provided a lovely round-up to the dinner.

As an inner city resident, an evening of feasting on the farm awakened my senses to some of the delights of the fresh fruit and vegetables being grown, and animals being reared, right where we live.

Go to **http://stepneycityfarm.org** for further information about Stepney City Farm, or to make a booking for its edible garden dinner.

Stepney City Farm is at Stepney Way E1. Tel: 7790 8204

Season's greeting with plum tucker

AS the month of September has arrived, there are lovely fruits in season, which can be enjoyed in a pie made with easy homemade wholemeal pastry. Plums and apples are a nice combination and contain dietary fibre, vitamins and minerals.

Plum & apple pie – serves 6

Ingredients

PASTRY CASE
200g plain wholemeal flour
100g low fat spread
3 tbsp cold water
1 egg

FRUIT PIE FILLING
1.5 kg apples
600g plums
1 tbsp maple syrup
1 tbsp cinnamon
1 tsp vanilla extract
2 tbsp ground almonds

Method

1. Place flour and low fat spread into a large mixing bowl. Use your hands to combine ingredients until they look like breadcrumbs.

2. Add water and quickly mix together into a ball. Place the pastry ball inside Clingfilm for approximately 10 minutes.

3. Sprinkle flour on to a chopping board and place pastry on top; flatten with a rolling pin or bottle.

4. Once pastry is rolled out place a dinner plate over the top and cut around with a knife making 2 circles, place one circle in the bottom of pastry case.

5. Cut the plums in half and remove stones from the fruit, peel apples and slice, place inside the pastry case.

6. Add the maple syrup and vanilla extract, sprinkle with cinnamon and ground almonds.

7. Place second pastry circle on top of the pie to create a lid. Pinch around the edges to close. Brush the top of the pie with a thin layer of egg.

8. Place in oven at 190°C, gas mark 5 for 30 minutes, until slightly golden brown.

9. Once cooked, remove from oven and allow to cool, Serve with natural yoghurt on the side.

By Kate Sparkes, associate nutritionist Barts and the London Trust

20% DISCOUNT
Valid up to: 4th November '13
Promotion code: OCR02

Looking for a venue to hold your next event?

...be it a conference, seminar or training day.

OSMANI CENTRE
58 Underwood Road
London E1 5AW
t 020 7247 8080
f 020 7247 6453
e events@osmanitrust.org
w www.osmanicentre.org

osmani trust

OC Osmani Centre Facility HIRE

NO PLACE FOR HATE NO

NO MATTER WHAT YOUR RACE, FAITH/BELIEF, DISABILITY, AGE, GENDER IDENTITY, SEXUAL ORIENTATION.

HOMOPHOBIA ISLAMOPHOBIA RACISM ANTI-SEMITISM TRANSPHOBIA SEXISM AGEISM

CALL 999 IN EMERGENCIES AND 101 FOR NON EMERGENCIES

OR CALL VICTIM SUPPORT MON-FRI 9-5PM ON 020 8555 8254

METROPOLITAN POLICE — Working together for a safer London

TOWER HAMLETS

LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

Barts Health NHS
NHS Trust

HEALTHY LIFESTYLE PROGRAMME

osmani trust

FOR 12–18 YEAR OLDS ABOVE A HEALTHY WEIGHT

- Get fit with girls only group physical activity and sports coaching sessions
- Learn creative ways to eat more healthily and cook your own recipes
- Understand yourself better and feel more confident
- Learn new strategies to change your lifestyle
- Access extra activities and trips throughout the year
- Invite your parents to celebrate your achievements

EVERY SATURDAY FOR 10 WEEKS

START DATE: 28TH SEPT 2013 (11AM–1PM)

ENTRY DEADLINE: 21 SEPT 2013

VENUE: OSMANI CENTRE 58 UNDERWOOD RD LONDON E1 5AW

To find out more or to book a place contact the team on:
Tower Hamlets Weight Management Service
020 8223 8485 weight.management@bartsandthelondon.nhs.uk

OC Active Healthy Lifestyle Programme is being delivered as part of a partnership between Osmani Trust and Barts Health NHS Trust, and is supported by Big Lottery Fund and Tower Hamlets Public Health.

LOTTERY FUNDED

OC Active

osmanitrust.org

Thinking of returning to your country?

"Don't be afraid to talk to Choices. They'll help you make a good decision."

Claimed asylum or have no immigration status? We can help

We're a charity and separate from the government.
Call us free on **0808 800 0192** for confidential advice or visit **www.choices-avr.org.uk**

- No pressure to return
- Help to plan your future
- Free flight
- If returning with family, up to £2,000 each

choices
The UK's Assisted Voluntary Return Service

Grow and eat ethically

Urban Food Fortnight is a collaboration between restaurant network Ethical Eats and Capital Growth, London's food growing network. It is funded by the mayor of London and the Big Lottery.

WWW.URBANFOODFORTNIGHT.ORG

Pop in to Globe Garden

Fun on the Green, from 12 noon, will feature music, a bouncy castle, games, refreshments and tours of the food plots.

SEE BELOW

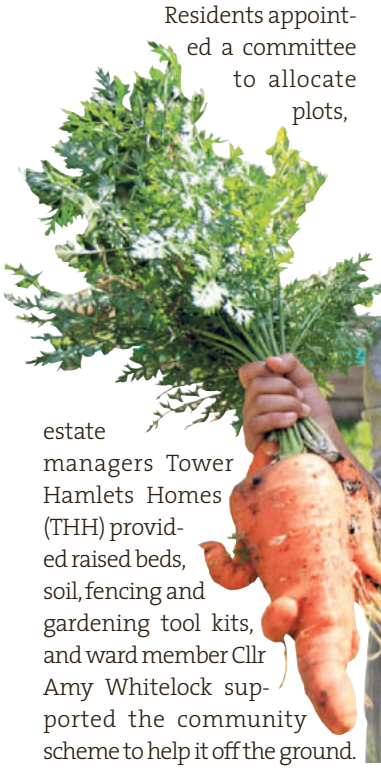
Bumper harvest, just a year on

BY JESSICA ODUBAYO

BEANS, carrots, herbs, tomatoes and a variety of other fresh produce are being harvested from a community food garden, which was started just over a year ago.

Residents of Victoria Park Square estate in Bethnal Green came with up the idea for a food patch on their estate and, in March last year, Globe Food Garden was formally launched.

Residents appointed a committee to allocate plots, estate managers Tower Hamlets Homes (THH) provided raised beds, soil, fencing and gardening tool kits, and ward member Cllr Amy Whitelock supported the community scheme to help it off the ground.



Four small grants have also assisted the gardening project in its formative stage.

Food growing network Capital Growth gave financial assistance for the purchase of seeds; community organisation Osmani Trust, gave cash for tools and equipment; and a grant from Tower Hamlets Homes (THH) Community Chest allowed the scheme to widen its membership and grow even more fruit and vegetables.

And funding of £2,334 from the National Lottery, Awards for All scheme is being spent on a potting shed and greenhouse.

Now, the gardening initiative has produced bumper crops, and residents will hold a celebration on Sunday, September 19.

The Fun on the Green event, starting at 12 noon, will feature a formal meeting followed by music, a bouncy castle, free refreshments, children's games and tours of the food plots.

Susy Powlesland, whose idea it was to start the food garden, now serves on the committee.

(Above) Susy Powlesland and other gardeners at Globe Food Garden. (Left) Maliha

"This has been a marvellous venture. The scheme was initiated by residents, and is managed by residents.

"Gardening brings people together. People of all ages and backgrounds have got to know and appreciate each other; and we are now harvesting lots of good, healthy vegetables for our families, too," Susy said.

Inviting residents to become members, she added: "The Globe Community Food Garden is an inclusive club – anyone over 16 on the estate and the surrounding area can become a member, and be able to garden with us and share in the harvests."

Cllr Whitelock said: "Globe Food Garden is a fantastic example of a truly resident-led community project. It's been a real privilege to work with such passionate people to get the garden off the ground and see it bloom."

Residents who want to get involved should call 07506 309841, email **globefoodgarden@gmail.com** or go to **www.facebook/globefoodgarden**

Tasty treats at open day

FARMS and community gardens in Tower Hamlets are taking part in Edible Gardens Open Day on September 21, giving residents the opportunity to visit community spaces, taste fresh local produce and meet people who like to grow food.

Stepney City Farm will showcase the work of urban gardeners, with a farmer's market, local produce-based meals in the café and sessions for making crockery and utensils in the rural arts centre.

Rocky Park, a community allotment project in Ellsworth Street, Bethnal Green, will be open for people to explore. Refreshments and local produce will be on sale and there will be activities for children.

Canal Club community garden, a forest garden overlooking the canal and Victoria Park, will have an outdoor earthen oven for bread making and pizzas using food grown in the garden. There will be seed sharing, plants for sale, gardening tips and a recycling workshop.

Lincoln Garden, a community garden on the bend of Fern Street and Whitethorn Streeet in Bow, will have a harvest of garden crops, face painting, arts and crafts, and cupcakes, smoothies, honey and more for sale.

Take a tour of the Village

DEVELOPERS on a Poplar estate are inviting residents to see how the scheme is progressing.

Staff at Willmott Dixon will be taking tours of the Aberfeldy Village in Abbott Road on Friday and Saturday, September 27 & 28 as part of the Open Doors weekend.

The company is working with housing provider Poplar Harca on phase one of the regeneration of the Aberfeldy estate that will see 1,176 homes, shops, healthcare and community facilities created over 12 years.

To book a tour, email **lucy.may@willmottdixon.co.uk**

KEYS to seven newly built four-bedroom houses (pictured above) in Gale Street, Poplar were handed to residents on September 2. The Cato family (pictured left) – parents Oliver and Violet and their children Dimitrije and Ildiko – are one of the families who have moved into the properties managed by housing organisation Poplar Harca.

tower hamlets homeseekers

13/09/13 - 19/09/13
Closing date for Internet and Telephone bids: 19/09/13

Find out about local schools, council services, transport links, and businesses at: **www.upmystreet.com**

You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

টাওয়ার হ্যামলেটস হাউসিং তালিকায় আপনার একটি সক্রিয় আবেদন থাকলেই কেবল এসব বাসাগুলোর জন্যে আপনি নিলাম ডাকার অনুরোধ নিতে পারবেন। অনুগ্রহ করে এই বাসাগুলোর কোনটিই দেখতে যাবেন না কারণ এরফলে প্রতিবেশীরা বিরক্ত হতে পারেন।

যাদেরকে আমরা বাসা দেয়ার প্রস্তাব করি কেবল সেসব লোকেদেরকেই আমরা যোগাযোগ করে থাকি। অগ্রাধিকার নীতিমালার (লেটিং পলিসি) উপর ভিত্তি করে অগ্রাধিকারের ভিত্তিতে বাসা দেয়ার প্রস্তাব করা হয়। 020 7364 2826 নম্বরে অথবা ওয়েবসাইটে এই নীতিমালার কপি পাওয়া যাবে।

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若你仍然登記在塔橋區政府現時生效的房屋名單上，你才可以競投這些房屋。請切勿到任何這些房屋造訪，因爲這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ اِن گھروں کے لئے صرف اُسی صورت میں بولی دے سکتے ہیں اگر ''ٹاور ہیملٹس ہاؤسنگ لسٹ'' میں آپ کی درخواست واجب اور زیرِ غور ہے۔ براہِ کرم اِن میں سے کسی گھر کو دیکھنے کے لئے مت جایئے، کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف اُن لوگوں سے رابطہ کر سکتے ہیں جن کو ہم گھر کی پیشکش کرتے ہیں۔ یہ پیشکش کرایہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

website: www.towerhamlets.gov.uk

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet '**Support Charges in long term Supporting People Services**'. This is also available on our website www.towerhamlets.gov.uk.

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	*Description*
A Wheelchair Accessible	*Purpose built to meet most recent wheelchair housing standards*
B Partially Wheelchair Accessible	*Designed to older wheelchair housing standards*
C Life time Homes	*Specifically designed to create an accessible and adaptable home*
D Easy Access	*Designed to be spacious with no steps to the property*
E Step-free	*General housing with no steps to the property*
F General Housing	*Does not meet requirements for other categories*
G Not assessed	*Property not yet had access survey*

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on **020 7364 0204 / 0206 / 0209**.

1. Internet Bidding
Just log on to www.thhs.org.uk

2. Telephone Bidding
Simply call 0845 270 2400

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to **3** bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and
6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk

SHELTERED
Accessible Category F
PEBBLE CENTRE, WARNER PLACE, E2

Flat • 1 Bed 2 Person • 3rd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

Eligibility : Min Client Age 60

£166.15, Weekly - Social Rent
Landlord: Circle 33 HA

Property Ref: 27964

SHELTERED
Accessible Category F
PEBBLE CENTRE, WARNER PLACE, E2

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

Eligibility : Min Client Age 60

Advert represents 2 properties
£166.15, Weekly - Social Rent
Landlord: Circle 33 HA

Property Ref: 27965

BEDSIT SELF-CONTAINED FLAT
Accessible Category E
EAGLE HOUSE, HEADLAM STREET, E1

Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

Eligibility : Band 3

£103.01, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27986

BEDSIT SELF-CONTAINED FLAT
Accessible Category F
BIRCHDOWN HOUSE, RAINHILL WAY, E3
Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£94.26, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 27960

1 BEDROOM
Accessible Category F
JAMES HOUSE, SOLEBAY STREET, E1

Flat • 1 Bed 2 Person • 5th floor • Kitchen diner • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

Eligibility : Band 3

£102.67, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27980

1 BEDROOM
Accessible Category E
GALVESTON HOUSE, HARFORD STREET, E1
Flat • 1 Bed 2 Person • 5th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£108.25, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27967

1 BEDROOM
Accessible Category F
ANSELL HOUSE, MILE END ROAD, E1

Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£122.41, Weekly - Social Rent
Landlord: Tower Hamlets Council

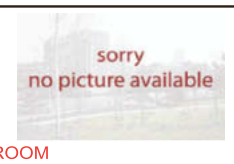
Property Ref: 27973

1 BEDROOM
Accessible Category G
GRANARY ROAD, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • Electric storage heater • No garden • Pets not permitted

£115.01, Weekly - Social Rent
Landlord: Spitalfields HA

Property Ref: 27972



1 BEDROOM
Accessible Category C
WHARFSIDE POINT NORTH, POPLAR HIGH STREET, E14
Flat • 1 Bed 2 Person • 3rd floor • Open plan kitchen • One lift • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted
Preference to Housing Moves applicants

£148.22, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 27951

1 BEDROOM
Accessible Category F
ST ANTHONY'S CLOSE, E1W

Flat • 1 Bed 2 Person • 5th floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

£120.93, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27976

1 BEDROOM
Accessible Category F
SCEPTRE ROAD, E2

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted

£109.51, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27955

1 BEDROOM
Accessible Category F
BRIERLY GARDENS, E2

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted

£103.20, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27979

1 BEDROOM
Accessible Category E
JAMES HAMMETT HOUSE, RAVENSCROFT STREET, E2
Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • Two lifts • Bathroom with W/C • GCH • No garden • Pets permitted

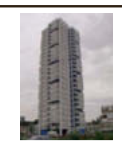
£101.84, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27958

1 BEDROOM
Accessible Category F
LEADENHAM COURT, SPANBY ROAD, E3
Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets permitted

£117.92, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27963



1 BEDROOM
Accessible Category G
LEWEY HOUSE, JOSEPH STREET, E3

Flat • 1 Bed 2 Person • 8th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • Balcony • Pets not permitted

Eligibility : Band 3

£116.09, Weekly - Social Rent
Landlord: Places for People

Property Ref: 27983

1 BEDROOM
Accessible Category F
COLUMBIA HOUSE, HAMLETS WAY, E3
Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted with permission

£113.83, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 27984

2 BEDROOMS
Accessible Category A
PASTEL COURT, KILLICK WAY, E1

Flat • 2 Bed 3 Person • 2nd floor • New build • Open plan kitchen • Two lifts • Entryphone • Wet room (walk in shower) • GCH • No garden • Check parking on viewing • Pets not permitted

£148.89, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 27950

2 BEDROOMS
Accessible Category G
KELSON HOUSE, STEWART STREET, E14
Maisonette • 2 Bed 4 Person • 18th floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

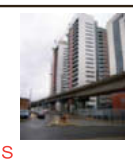
£151.19, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 27961

2 BEDROOMS
Accessible Category E
DARNLEY HOUSE, CAMDENHURST STREET, E14
Flat • 2 Bed 4 Person • 11th floor • Kitchen diner • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets permitted

£123.69, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27985



2 BEDROOMS
Accessible Category C
PROTON TOWER, BLACKWALL WAY, E14
Flat • 2 Bed 4 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Car free home • Pets not permitted . No gas-all electric . Electric & hot water included in service charge

Eligibility : Band 3

£182.00, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 27949

2 BEDROOMS
Accessible Category D
HOLMAN HOUSE, ROMAN ROAD, E2

Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£117.17, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27969

2 BEDROOMS
Accessible Category E
JAMES HAMMETT HOUSE, RAVENSCROFT STREET, E2
Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • Two lifts • Wet room (walk in shower) • GCH • No garden • Pets permitted

£114.98, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27953

2 BEDROOMS
Accessible Category F
SOUTHCOTT HOUSE, DEVONS ROAD, E3
Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£138.90, Weekly - Social Rent
Landlord: Poplar HARCA

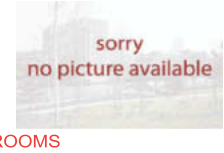
Property Ref: 27954

2 BEDROOMS
Accessible Category G
LEWEY HOUSE, JOSEPH STREET, E3

Flat • 2 Bed 4 Person • 18th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • Balcony • Pets not permitted

£126.38, Weekly - Social Rent
Landlord: Places for People

Property Ref: 27982



3 BEDROOMS
Accessible Category F
PORTELET ROAD, E1

House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • GCH • Private garden • Pets not permitted

£147.70, Weekly - Social Rent
Landlord: Peabody

Property Ref: 27974

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk

3 BEDROOMS
Accessible Category F
DUCKETT STREET, E1

House • 3 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted

£133.98, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 27971

3 BEDROOMS
Accessible Category F
SCOULDING HOUSE, MELLISH STREET, E14
Maisonette • 3 Bed 5 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • Barkantine Estate gas heating • No garden • Pets not permitted

£153.29, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 27962

3 BEDROOMS
Accessible Category F
CHILTON STREET, E2

House • 3 Bed 6 Person • Ground Floor • Kitchen diner • No Lift • Bathroom with W/C and Additional W/C • GCH • Private garden • Pets not permitted

£152.95, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27968

3 BEDROOMS
Accessible Category F
JAMES DOCHERTY HOUSE, PATRIOT SQUARE, E2
Maisonette • 3 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Wet room (walk in shower) • GCH • No garden • Pets permitted • Stairlft

Eligibility : Transfer List

£146.55, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27959

3 BEDROOMS
Accessible Category F
EDINBURGH CLOSE, E2

House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted

£160.72, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 27970

3 BEDROOMS
Accessible Category F
FORTH HOUSE, TREDEGAR ROAD, E3

Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets permitted

£131.29, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 27977

3 BEDROOMS
Accessible Category F
WHITETHORN STREET, E3

Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • Shared garden • Pets permitted . Grab rail at bottom of stairs and outside front door

Eligibility : Transfer List

£147.98, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 27957

3 BEDROOMS
Accessible Category F
REBECCA HOUSE, BROKESLEY STREET, E3
Flat • 3 Bed 5 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted
Preference to Housing Moves applicants

£118.00, Weekly - Social Rent
Landlord: Industrial Dwellings Society

Property Ref: 27987

Reminder

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life.

Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.

Accessible Category G
ST LEONARDS ROAD, E14

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Pets not permitted . All electric-no gas
FIXED TERM TENANCY

£155.51, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 27956

Accessible Category F
MATTHEWS HOUSE, BURGESS STREET, E14
Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£161.37, Weekly - Affordable Rent
Landlord: Poplar HARCA

Property Ref: 27981

Accessible Category E
SHAW CRESCENT, E14

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted

£155.51, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 27975

Accessible Category C
DIAGORAS HOUSE, POLYDAMAS CLOSE, E3
Flat • 2 Bed 4 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets permitted with permission
FIXED TERM TENANCY

£189.75, Weekly - Affordable Rent
Landlord: Swan Housing Association

Property Ref: 27952

Accessible Category G
CLARE HOUSE, HAWTHORN AVENUE, E3
Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Separate Bathroom and W/C • Electric storage heater • No garden • Pets not permitted
FIXED TERM TENANCY

£196.99, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 27978

1 Internet Bidding – Just log on to www.thhs.org.uk

2 Telephone Bidding – Simply call 0845 270 2400

LANDLORDS

achieve your TARGET RENT...and we will guarantee it!!

Urgently Require All Properties / All Sizes

'We'll even throw in the furnishings'

Start Rent Immediately

FREE Property Refurbishment & All Certifications

Please contact the Acquisition Team on

020 8980 3377

Calls maybe recorded for training and monitoring

hamletts.com

the property management company

236 ROMAN ROAD, LONDON E2 0RY : TELEPHONE: 020 8980 3377
FACSIMILE: 020 8980 9434 : EMAIL: INFO@HAMLETTS.COM

T&C Applies

Free Refurbishment for Landlords

On All 1-5 Year Guaranteed Rent Packages

- 0% Commission
- 0% Full Management
- 0% Rent Loss During Contract
- 0% For Free Property Inspection
- 0% For Free Gas, Electric & EPC Certificates

Call today for your free valuation

PRIME LAND **020 7377 5445**

www.primelandproperty.co.uk

124 Whitechapel Road
London E1 1JE

The Property Ombudsman LETTINGS | The Property Ombudsman SALES | OFT

T&C Applies*

Sleepless Nights?

Not any more!

HUGE SELECTION OF •BEDS •MATTRESSES •BEDFRAMES •SOFAS •WARDROBES •DINING TABLES •CHEST OF DRAWERS IN STOCK NOW!

Call in for a coffee and a chat. You're bound to find a bed, mattress or furniture bargain which is just your cup of tea!

FREE FAST DELIVERY
OR YOU CAN COLLECT TODAY!

CALL OUR HOTLINES NOW!
020 7377 2695
020 7247 1581

www.happynightmares.co.uk

All types and sizes of **MATTRESSES** in stock now!
•Orthopaedic •Open Coil •Pocketsprung •Memory Foam •Pillow Top •Special Sizes •Made to Measure

All types and sizes of **DIVAN BEDS** in stock now!

Great Prices!

All types and sizes of **BEDFRAMES** in stock now!
•Metal •Leather •Fabric Wood •Traditional & Modern Designs

All types and sizes of **SOFAS** in stock now!
•2 Seaters •3 Seaters •Corner Sofas •Recliners

All types and sizes of **BUNK BEDS** in stock now!
•Doubles •Triples •Wood •Metal

All types and sizes of **WARDROBES** in stock now!

All types and sizes of **CHEST OF DRAWERS** in stock now!

All types and sizes of **TABLES, CHAIRS & DINING ROOM FURNITURE**

And much, much more!

BOO!!! HAPPY NIGHTMARES® THE BED PEOPLE

FREE NEXT DAY DELIVERY OR COLLECT FROM STOCK
www.happynightmares.co.uk
BUY NOW ONLINE OR OVER THE PHONE
08453 709709
OR VISIT ONE OF OUR WAREHOUSES

LONDON
020 7247 1581
Unit 67/68 Vallance Road, Whitechapel, London E1 5BW

HARLOW
01279 422212
Unit C, St James Centre, East Road, Harlow CM20 2SX (Behind the Range)

OPEN 7 DAY A WEEK
EASY PARKING

FAIRDEAL PROPERTY SERVICES

Sales Offer 1.25% Limited period

We specialize in Tower Hamlets, Hackney & Newham!

All sized properties urgently required due to high demand!

- Guaranteed rent scheme
- 1-5 years fully managed
- High rents achieved
- No void periods with regular payments
- Inventory & regular inspections
- Professional service with experience
- Hassle free for your peace of mind

Free Gas, Electric & EPC certificates

2 months advance rent paid

Call or email today for a free no obligation valuation on

020 7791 1678

e info@fairdealgroup.co.uk
w www.fairdealgroup.co.uk

Lines open 24hrs
4a Cavell Street, London, E1 2HP
T&C applies

SALES, LETTINGS, COMMERCIAL & LAND

Fund your dreams

NEW Online loan application

Getting a loan is easier than you think.

Apply online now for our low-cost loans for local residents!

Whatever you're after, an affordable Credit Union loan lets you make the most of life without the financial headache. Our rates are fixed with no penalty charges, and we look at you, not just your credit history when making decisions.

So, what are you waiting for? Apply online now and fund your dreams the easy way.

020 7729 9218
info@londoncu.co.uk
www.londoncu.co.uk

London Community Credit Union

Bethnal Green 473 Bethnal Green Road, London E2 9QH + **Bow** 570 Roman Road, London E3 5ES
Poplar 16 Vesey Path, London E14 6BT + **Hackney** 225, Mare Street, London E8 3QE

London Community Credit Union is a not-for-profit financial co-operative, providing affordable financial services to the local community. Please quote reference number EEL6244 when contacting us. Terms & conditions apply.

TOWER HAMLETS
£9.56 per hour
Zero Hours Contracts
REF: 3304/JA AND B3011

Support Coordinators Bank Staff

Working for our Older People's Services team, you will be visiting service users daily, carrying out well being checks, producing support plans and risk assessments to help service users achieve their goals.

Your time will be spent liaising with support and health services, maximising older people's income, assisting them in receiving services in regards to their housing, working with external agencies and facilitating opportunities for social activities. Our ethos is to empower people through independence and choice.

Our service users may need encouragement and support to participate in the community, socialising within a scheme as well as interacting with family and friends - can you help service users to achieve this?

We are looking for self-motivated individuals, committed to providing a high quality service, who can work well under pressure, deal calmly with emergencies and communicate effectively with a wide range of people. You should have experience of working with vulnerable adults and knowledge of Safeguarding issues.

Have you had experience of supporting vulnerable older people? Do you have an understanding of how to improve the quality of life for older people? Do you have what it takes to engage them with services they require and facilitate their access to the wider community? If this sounds like you then we would like to hear from you.

Closing date: 23 September 2013

For further details on this vacancy and to apply please visit our website **www.circle.org.uk/corporate/careers** and complete an application form. If you are unable to complete your application online please write quoting the reference number to: **Resourcing Team, Circle Housing Group, 6 Central Avenue, St Andrews Business Park, Thorpe St Andrew, Norwich, Norfolk NR7 0HR** and we will send you an application pack. Please make it clear when contacting us if you require an application form to be translated or sent in an alternative format. Unfortunately we are unable to accept CVs.

This post is subject to an Enhanced Criminal Record Check Clearance.

Circle values diversity and encourages applications from minority groups.

Circle Support
Enhancing Life Changes
Part of Circle

Sir John Cass's Foundation & Red Coat Church of England Secondary School
Stepney Way, London E1 ORH
Telephone: 020 7790 6712 | Fax 020 7790 0499

FRENCH LANGUAGE ASSISTANT

12 hours per week | term time only | over 3 days
Salary: SCHOOL FLA of £10,545 plus London Allowance of £2715

The successful candidate will be expected to provide language support for students aged 11-18 individually and in small groups. Participate in team-teaching with main scale French teachers. Assist with the development and maintenance of departmental resources. Conduct end-of-topic speaking assessments and invigilate preparation for GCSE and A-Level speaking tests.

Although not essential, it would be an advantage if candidate already had some experience of working with GCSE or A-level French candidates.

Please complete the Application form on the school website **www.sjcr.net** and send to Mr Evans, the Headteacher, either by post or fax or email **haydnevans111@yahoo.co.uk**

Closing Date: Friday 27th September 2013

Sir John Cass's Foundation & Red Coat Church of England Secondary School
Stepney Way, London E1 ORH
Telephone: 020 7790 6712 | Fax 020 7790 0499

LEARNING SUPPORT ASSISTANTS (25 hours per week)

Salary: Level 11 NJC APT&C scales circa £18,000 FTE which would be pro rata for this Term time only post – dependent on experience and qualifications.

We require Learning Support Assistants to work with students across years 7 – 11 who have identified special educational needs.

Candidates who are interested in the above position should complete the school application form which can be found at **www.sjcr.net** on the school website.

Completed forms should be emailed to Mr Evans, the Headteacher – **haydnevans111@yahoo.co.uk**

Closing date: 27th September 2013

Smart Training

Start your career with £3,000 worth of training!

Are you aged 16-18 and looking to get started in a career? Smart Training – one of the UK's best training companies, can help you with free* part-time training for nationally-recognised qualifications in:

- Childcare
- Business admin
- Sales & Telesales
- Management

Training is weekly in East London and we can also help you find a job. Courses last for 12 months.

*You must have lived in the UK or European Union for the last three years to be eligible for free training.

Apply now – text SMART to 80800,
email start@smart-training.com, phone 0845 177 0695
or see www.smart-training.com/jobsandadvice

INTERCITY
TELESALES

ICL LTD

SALES REP AND TELESALES PERSON required for a mailing house/ printers based in e2. Applicant must have some experience in this type of industry.

CALL JOHN
020 8923 8888

George Green's School

Manchester Road, Isle of Dogs, London E14 3DW
Tel: 020 7987 6032 Fax: 020 7538 2316
Principal: Ms Jill Baker

FIDELITER

TEACHING ASSISTANTS

1 year temporary contract | 31 hours per week (term-time only)
Salary range NJC Scale 2 (11-13) £18,030-£18,732
(actual salary will be pro rata)

We are looking for skilled Teaching Assistants to join our successful Learning Support Faculty.

The post would involve supporting the learning of pupils with special needs in mainstream lessons.

We would particularly welcome applications from candidates looking for experience in a school prior to starting a career in teaching. All candidates must possess GSCE (or equivalent) in English and Maths.

The successful candidates will receive appropriate career related training.

George Green's School:

- is a school committed to inclusion
- is a multi lingual, multi-faith & multi cultural community
- is a Full Service Extended School
- is part of a small Action Zone with six primary schools
- is a Humanities Specialist College (English, Citizenship & Drama)
- is a world School for the International Baccalaureate (IB) Diploma Programme

Please download application packs from our school website: **www.georgegreens.com**

Visits prior to putting in your application are encouraged & welcomed. Please email Nigel Orton, Foundation Learning Coordinator: **norton@georgegreens.com**

George Green's School is committed to safeguarding and promoting the welfare of children and young people. We expect all staff, external agencies and volunteers to share this commitment. Any appointment is subject to an enhanced CRB Check.

Closing date: Wednesday, 25th September 2013 @ 9am.

Cyril Jackson School
Limehouse

Inspiring minds through opportunity

Headteacher: Gillian Kemp
Enquiries: admin@cyriljackson.towerhamlets.sch.uk
www.cyriljackson.towerhamlets.sch.uk
020 7987 3737

SEN TEACHING ASSISTANT (Scale 3, pro rata)

33 hours per week
This post is to support a specific child with a diagnosis of ASD and will be a temporary post lasting the duration of the student's attendance.

ABAVB TUTOR/THERAPIST (Scale 3, pro rata)

A job share will be required to support one child. Hours to be negotiated.

MIDDAY MEALS SUPERVISOR (Pay Scale 1, Point 8 pro rata)

Monday - Friday (10 hours)
We are currently looking for three outstanding practitioners to join our dynamic and forward-thinking team. Cyril Jackson is a vibrant, split-site, two-form entry primary school close to the heart of Canary Wharf. The Governors, staff and parents are seeking to appoint a SEN Teaching Assistant, an ABAVB Tutor/Therapist and a Midday Meals Supervisor to support the existing school team in providing a supportive, stimulating environment in which each child is enabled and encouraged to attain the highest standard of achievement of which he or she is capable.

We offer:

- enthusiastic children who want to learn;
- committed, motivated staff, governors and parents;
- an exceptionally well resourced curriculum;
- opportunities for your continuous professional development;
- a staff well-being project.

The school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. The successful candidate will require an enhanced DBS clearance.

More detailed information, application forms, job descriptions and relevant recruitment policies can be obtained from Nichola Ahmed, School Business Manager.

Application closing date: 27 September 2013, 9:00 am
Interviews will be held during the week beginning 30 September 2013

www.besttrainingsolutions.co.uk

Do you enjoy working with mobile phones ?

Are you aged between 16-24 ?

BEST TRAINING SOLUTIONS

Ask about our NEW Mobile Application Developer Apprenticeship

Looking for new skills or a new career?

FREE - One to one chat with our careers advisor
FREE - Upskilling in critical areas required by employers
FREE - CV construction workshops
FREE - Help with Interview Techniques workshops
FREE - Dealing with application forms workshops

CLAIT & ECDL
Classes start every day
FREE if on benefits
Microsoft qualifications essential for the current workplace.

English & Maths - GCSE
Classes Start every day
GCSE Equivalent classes
FREE to all
National Certificate in Adult Literacy & Numeracy.

Internet & E-mail Classes
Every Monday
For complete beginners
FREE to all
Flexible course times

Branches
- UK Online Centre
  155 Stoke Newington Rd
  N16 8BP
- Suite 1.24 Whitechapel
  Technology Centre
  65 Whitechapel Road, E1 1DU
- Marcus Garvey Library
  Tottenham Green Lesiure
  Centre, 1 Phillip Lane, N15 4JA

Microsoft & Adobe accredited courses
Why not get fully qualified in the Microsoft and Adobe Courses?

Microsoft Access
Microsoft Excel
Microsoft Frontpage
Microsoft Publisher
Microsoft Project
Microsoft Outlook
Microsoft Powerpoint
Microsoft Word
Adobe Dreamweaver
Adobe Flash
Adobe Photoshop
Adobe Illustrator

Call Now
020 7247 2428
020 7377 1072

City & Guilds
The Institute of Certified Book-Keepers
Microsoft Office Specialist Authorized Testing Center

JOB OPPORTUNITIES AVAILABLE NOW AT THE UNIVERSITY OF CUMBRIA'S LONDON CAMPUS

CAMPUS ASSISTANTS, 1.4 FTE Ref: 170S12
Library and Student Services, Tower Hamlets, London
Annualised hours, 2 x 0.7 FTE posts available
Salary: £17,502* pro rata plus London Weighting of £3,830 (pro rata)

LEARNING ENHANCEMENT ADVISER, 0.6 FTE Ref: 005S13
Library and Student Services, Tower Hamlets, London
Annualised hours, 21 hours per week, 52 weeks per year
Salary: £24,048* pro rata plus London Weighting of £3,830 (pro rata)

* Incremental progression up to grade maximum applies, subject to University policy

The closing date for these posts is Midnight on Sunday 29 September 2013

The University of Cumbria would encourage applications, where possible, to be submitted electronically via our e-recruitment system at the following address: **https://cumbriajobs.engageats.co.uk/**.
Alternatively, please email us at **jobs@cumbria.ac.uk**

University of Cumbria
Mindful Employer
Stonewall
Investors in People Bronze
Actively Promoting Equality of Opportunity

To advertise your family announcement in East End Life, call Chris on 7364 4994, Fatima on 7364 4623, Laura on 7364 0946 or Sharan on 7364 4061.

Public notices

LONDON BOROUGH OF TOWER HAMLETS

LICENSING ACT 2003

NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS GIVEN THAT The Richard Street Education Trust has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises: The Mulberry & Bigland Green Centre, Bigland Street, London

The licensable activities and timings are:

- The presenting of plays, films, live music, recorded music, dance and anything of a similar description to live music, recorded music or performance of dance between the hours Monday to Saturday – 9am to 10:30pm and Sunday – 10am to 9pm

- The sale of alcohol if required and if appropriate between the hours Monday to Friday – 5pm to 10:30pm, Saturday – 12pm to 10:30pm and Sunday – 12pm to 9pm

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London E14 1BY Website: www.towerhamlets.gov.uk Tel: 020 7364 5008

Representations must be received no later than 08/10/2013

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

LONDON BOROUGH OF TOWER HAMLETS

LICENSING ACT 2003

NOTICE OF APPLICATION TO VARY A PREMISES LICENCE

NOTICE IS GIVEN THAT Bar Salento Ltd has applied to the London Borough of Tower Hamlets Licensing Authority to vary a Premises Licence under the Licensing Act 2003.

Premises: Bar Salento, 3 Clove Crescent, London E14

The proposed variation is: Mon–Sat;
Plays – 7am to 3.30am
Live music – 6pm to 3.30am
Recorded music – 7am to 3.30am
Late night refreshment – 11pm to 3.30am
Sale of alcohol – 7am to 3.30am

Anyone who wishes to make representations regarding this application must give notice in writing to; The Licensing Section, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London E14 1BY.
Website: www.towerhamlets.gov.uk Tel: 020 7364 5008

Representations must be received no later than 04/10/13

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

19-29 Redchurch Street, London **PA/13/2007/SHT**

Variation of a condition following grant of planning permission dated 30/05/2012, ref: PA/11/00297. for a minor material amendment.

The application proposes: lowering of the parapet at 3rd floor level along the East Elevation by 400mmand the installation of a 200mm frosted privacy screen onto of the parapet wall.

13 The Oval, London, E2 9DT **PA/13/2043/GMA**

Change of use of part ground and first floors from Class B8 (storage or distribution) to Class A3 (restaurant) including the installation of a kitchen extract flue and alteration of an existing window on the west elevation facing the internal courtyard and part extension of the existing ground floor into the internal courtyard.

33 Coborn Road, London, E3 2DA **PA/13/02029/LAB**

Minor external alterations to rear door opening on lower ground floor. Existing roof covering to be replaced. Some internal alterations and refurbishment to lower ground floor, ground floor and first floors.

1 Robinson Road, London, E2 9LX **PA/13/02062/LAB**

Conversion of vacant commercial premises to a 2 bedroom house. Works include the demolition of the single storey extension to the rear along with the replacement of the existing lean-to roof above garage with a dual-pitched roof.

St Peter With St Thomas Church, St Peters Close, London, E2 7AE **PA/13/2049/LAB**

Removal of existing south perimeter gates and their replacement with a new set of Iron gates designed to a matching specification

St Pauls CE Primary School, Wellclose Square, London, E1 8HY **PA/13/2073/SHT**

The demolition of an existing concrete shed (approximately 25.28m2) and the construction of a single storey kitchen pod classroom (44.19m2) (use class D1)

The Pavilion, Victoria Park, Grove Road, London **PA/13/2060/NAS**

Erection of a single storey, pitched roof extension to exiting Cricket Pavilion, located in the north eastern part of Victoria Park.

25 White Horse Lane, London, E1 3NE **PA/13/1661/LAB**

a) Replacement of rear wooden sash window (4pane) and sill with identical wooden unit with Low E (ext)/Kglass (int) double glazing 4mm/4mm/4mm in first floor bedroom

b) Replacement of bottom wooden frame to sash window on rear landing with wooden frame containing double glazing unit as above. Also replace upper frame with double glazed unit.

c) Replacement of parapet to rear exterior wall of first floor extension (bathroom) which include works to remove the top layer of worn bricks, insert a damp proof course and top off with recovered London stock brick work.

526-528 Commercial Road, London, E1 0HY **PA/13/1863/LAB**

Erection of a 5th and 6th floor over existing four storey building to provide 6 x studio units and 2 x 2 bed flats.

Old Ford Primary School, Wrights Road, London, E3 5LD **PA/13/02056/IOL**

Construction of a play structure and associated safety surface.

9 - 15 Douro Street, London, E3 2TS **PA/13/02057/IOL**

Construction of three new terraced houses, including the facade retention of No. 9 Douro Street and one new detached house to the rear of the site. Addition of roof extensions to 9 and 11 Douro Street.

Land at Royal Mint Street, Mansell street and Chambers Street, Royal Mint Street, London **PA/13/02085/UQU**

Consent sought to display Advertisement of temporary construction site hoardings along Mansell Street and Royal Mint Street.

39-39A Mile End Road, London, E1 4TP **PA/13/02098/BEE**

Change of use of first floor from restaurant staff / store area to 5 bedroom apartment.

Flat 17, Gun Place, 86 Wapping Lane, London, E1W 2RX **PA/13/01928/SHT**

Renovations works:

1) Removal of plasterboard walls to re-conigure internal space
2) Replacement of current wood and glass panel partition with new glass partition
3) Addition of a new stud plasterboard wall measurin approximately 355 cm in length and 220 cm in height

Regents Wharf, Wharf Place, London **PA/13/01945/BEE**

Erection of one 1 bed dwelling within the area of the lower car park level.

121 Bethnal Green Road, London, E2 7DG **PA/13/01998/KHA**

Change of use to restaurant (Use Class A3), external alterations to shopfront and installation of ventilation and extract plant to rear of building.

88 Clinton Road, London, E3 4QU **PA/13/02075/BEE**

Application for a new planning permission to replace an extant planning permission in order to extend the time limit for implementation for 88 Clinton Road, ref: PA/10/01391

[Part one-storey, part two-storey rear extension to existing residential property]

553 Roman Road, London, E3 5EL **PA/13/210/AE**

Change of use of vacant estate agent office (Class A2) to Take-away use (Class A5) plus installation of ventilation flue on the flank wall of Dennis House

40 Commercial Street, London, E1 6LP **PA/13/1884/KHA**

Food growing greenhouse and garden on roof of building

Flat 3, Marlow House, Calvert Avenue, London, E2 7JL **PA/13/2055/MCH**

Listed Building Consent for internal works including:

- To remove interior partition walls between the existing bedroom and living room.
- To open up a new doorway between the interior entrance corridor and living room.
- To relocate the existing front door of the flat to the existing arch in the open lobby from the common parts stair well.

Centre for Cutaneous Research, 4 Newark Street, London, E1 2AT **PA/13/1523/SHT**

To build an acoustic wall to prevent/reduce the noise pollution to the residents who live on Walden Street.

23 Zealand Road, London, E3 5RA **PA/13/2068/BEE**

Application for variation of condition no. 4, of planning permission dated 10/4/2013, ref: PA/13/00362 to allow side windows to be partially openable to allow ventilation to bathroom.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

44 Vivian Road, London, E3 5RF **PA/13/2040/BEE**

Refurbishment of the existing building, extension of lower ground floor (mainly in glass) and first floor extension (also predominantly glazed).

148 Antill Road, London, E3 5BN **PA/13/1620/SHA**

Erection of a part single storey and part two storey rear extension

Flat 1, 1 Wellington Way, London, E3 4NE **PA/13/1759/AHO**

Internal alterations to a Grade II Listed Building, including installation of insulation-backed plasterboard, window replacement and internal lighting and fittings replacement.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 16th September 2013

OWEN WHALLEY
Head of Planning and Building Control

TOWER HAMLETS

Get fit and have fun

To find out more about events and activities at the borough's leisure centres go to your local centre or visit...

WWW.GLL.ORG

A dramatic rise to the top

"I fell in love with volleyball and joined East London Lynx sitting volleyball team. Just four weeks after I first heard about the sport I was playing against a top Bosnian side in Zagreb."

ANTON RAIMONDO

Sport

Leisure centres

John Orwell Sports Centre
Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre
35 Byron Street, Poplar, E14
SHOKK Youth Fitness Centre.
7987 3575

Mile End Park Leisure Centre
190 Burdett Road, E3.
8709 4420

Mile End Park Stadium
Rhodeswell Road, Poplar, E14.
8980 1885

St George's Pools
221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre
Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre
55 Durward Street,
Whitechapel, E1.
7247 7538

York Hall Leisure Centre
5-15 Old Ford Road, Bethnal Green, E2.
8980 2243

Keep fit

Body conditioning
Thurs, 6.15pm. Shadwell Basin Centre, Glamis Road, E1.
07961 951522

Coaching for juniors
Badminton & volleyball. Ages 9-16, all levels welcome. £1. Sats, 12-2pm. Handball. for ages 9-16. £1.Sats 2-3.30pm. Bethnal Green Academy Sports Centre, Gosset Street, E2.
7920 7937

Fitness Boot Camp
Sat 9.30-10.30am at Mile End Park, Grove Road, E3.
07946 312102

Hatha yoga class
Sats 9am at Yoga Place, Bethnal Green Road, E2.
07905 944314

Keep fit
Weds, 10.15-11.15am, crèche available. Lansbury Lodge, 117 Ricardo Street, E14.
7515 7471

Keep fit
Weds, 11.45am-12.45pm. St Hilda's East Community Centre, 18 Club Row, E2.
7739 8066

Martial arts
Adults/junior kickboxing: Tues, 6.30-7.30pm; senior ju-jitsu (male & female), Tues, 7.30-9pm; adults/junior kickboxing self-defence, Weds, 6.30-7.30pm; seniors kick/Thai boxing (male & female), Weds, 8-9.30pm. Shadwell Basin Project Centre, Glamis Road, E1.
07811 105620

Pregnancy yoga classes
Small group and private tuition. Suitable for mums-to-be from 14 weeks onwards. Call Claire.
07958 645978

Seniors exercise
Mons, 1.30pm, line dancing; Tues, 10.45am, workout. London Dockers Club, 6 Boulcott Street, E1.
7790 3785

Taekwondo
Beginners welcome. Adults & juniors. Tues 6.30-8pm and Sun 1-3pm at Langdon Park Sports Centre, Byron Street, E1.
8310 1469

Tai Chi for beginners
Mons 6.15-8.15pm and Sats 9.30-11.30am at Roland Philipps Scout Hall, Aylward Street, E1. Also, Fri 6.30-8.30pm at St Barnabas Church, corner of Grove and Roman Road, E3. £7.
07748 985209

Women's keep fit
Tues & Thurs, 10.30-11.30am, £2. Garret Centre, 117 Mansford Street, E2.
7739 7241

Angel yoga
Kundalini yoga for beginners every Tues, 7.30-8.45pm. £9. St Hilda's Community Centre, 18 Club Row E2.
07890 909928
satkartarkaur@rocketmail.com

Zumba classes
Every Weds, 7.30-8.30pm. £5. Tredegar Community Centre, 333 Morville Street, E3.
07884 168176

Paralympian Anton Raimondo tells **Peter Faulkner** how his love for sport gave his life new direction after he lost his leg in a motorbike accident.

Volleyball helped me bounce back

WHEN Anton Raimondo woke up in an Argentine hospital bed, after being unconscious for almost two days, he was told: "Sorry, you've lost a leg". Anton smiled and said to his family: "I knew it was serious, but if it's only a leg that's okay."

The courageous property developer, who now lives in Wapping, had his left leg ripped off in a motorbike accident on the last day of a family holiday in the Andes. He had numerous operations and skin grafts, and for 18 months had to get around on crutches.

South African Anton, now 34, has seen his life change dramatically since the accident, but it has changed in a way that no one could have predicted at the time.

He was always a keen sportsman in South Africa and competed in swimming, tennis and basketball, but at the time never realised how his basketball ability was to take him from an ordinary sportsman to a world-famous Paralympian.

"When I came to London 11 years ago I only planned to be here for a year or so and then move on, travelling round the world," said Anton.

"But the more I stayed the more I liked it. I bought a studio flat with a friend and we did it up, then decided to sell it. I've been doing that for five years now and have built up a nice property portfolio.

"I also wanted to get back into sport and someone told me about sitting volleyball and wheelchair basketball. The basketball seemed ideal, because I had played the game before, so I had good hand co-ordination.

"But I fell in love with volleyball and joined the East London Lynx sitting volleyball team, who trained at Bishop Challoner School.

"I couldn't believe it though when just four weeks after I first heard about the sport I was playing against a top Bosnian side in Zagreb."

Anton's sporting career then took off. He has won 50 caps for Great Britain, competed in the London 2012 Paralympic Games and is off to play in the European championships where he made his GB debut four years ago against Germany.

"I wouldn't say volleyball was a lifesaver, because I have always been a positive person anyway," Anton explained.

"But it gave me a new direction and a new sort of incentive, and I haven't looked back since.

"Playing for Great Britain has been awesome and there are two memories I treasure – coming third with my club in an international tournament in Holland and the reception we got from fans at the Paralympic Games.

"Kids come up to me and ask for my autograph and that's really something, but I also helped coach teams run by Olympic sponsors."

Anton says he always looked up to fellow countryman, Oscar Pistorious, perhaps the greatest Paralympian ever. "He raised the profile for disabled athletes by making disability feel advantaged rather than disadvantaged. What has happened in his private life is sad, but cannot take away what he has done for the sport. I never idolised him, but I respected what he had done for disabled athletes."

Anton has a long term partner, Tina Sachs. They have been together for three years.

Since 2009 Anton has competed for GB against Poland in the European Championships, took part in the World Championships in Egypt and USA in 2010, went to the 2011 Europeans in Rotterdam, took part in the 2011 Continental Cup in Kettering, went to Cairo for the Inter-Continental Cup last year, which culminated in the Paralympic Games in London.

Anton (left) with team mate Netra Rana on the heroes parade after London 2012

Anton in action for Great Britain

Competition comes to a climax

Finals day of the Safer Neighbourhoods Tournament featured three age groups – under-16s, seniors and veterans. Somers Town took the youth cup and London Tigers won the vets' competition.

SEE BELOW

Community focused

"These sorts of events create community cohesion and I would like to thank our supporters and sponsors."

STEPNEY FC CHAIRMAN ABDUL BOSHIR

Action from the final

London APSA score

London APSA receive the trophy

London APSA take SNT spoils

BY PETER FAULKNER
PHOTOS BY DAVE SINCLAIR

THE annual Safer Neighbourhoods Tournament came to a climax at Mile End Stadium with Chettle Rangers and Somers Town reaching the under-16 final, London APSA and Tower Hamlets meeting in the senior final and Stepney Legends and London Tigers Vets facing each other in the veterans final.

The under-16 trophy was awarded to Somers Town as Chettle Rangers failed to turn up on time for kick-off, but the veterans' final more than made up for it, with Stepney Veterans taking on London Tigers from Westminster.

A tense start meant both teams created few chances, but it was London Tigers who settled quicker and got a goal just before half-time after good work by their man of the match, Edson Cata. He beat two defenders before slotting the ball under the keeper.

Stepney came out for the second half a lot more determined but still failed to create any clear chances.

An inspired substitution by the Stepney manager brought on Akthar Hussain and the left winger beat two defenders and put in a great cross for striker Chris to finish clinically.

Tigers rose to the occasion and Edson again was the difference by nicking the ball off a Stepney defender to make it 2-1 and as Stepney tried to grab a second equaliser they were hit on the break with a great finish from London Tigers chief executive Mesba Ahmed.

The seniors final saw London APSA face Tower Hamlets, two teams currently competing in the Essex Senior League .

It was always going to be a close contest with both teams cancelling each other out in midfield and limited clear chances being created.

The final between London APSA and Tower Hamlets

Two Tigers go for the same ball

London Tigers won the vets' tournament

Youth cup winners Somers Town

Midway through the second half a poorly cleared ball by the Tower Hamlets defender allowed the APSA striker to hit a fierce shot, which rebounded off the defender and left the keeper with no chance as the ball hit the underside of the bar and went in.

The jubilant APSA players celebrated with their fans as this proved to be the only goal of the game.

Man of the Match went to Billy Graham of London APSA.

The award was named after Malcolm Lane who died from cancer this year. Malcolm was a friend of Stepney FC and worked for TATA Consultancy Services, who do a range of work with young boys from the club.

Stepney FC chairman Abdul Boshir said "The concept of Safer Neighbourhood Tournament is to bring people from different backgrounds together using sports as a medium and, once again, I think we have achieved that.

"These sorts of events create community cohesion and I would like to thank all our supporters and sponsors, without whom the event would not be possible."

> "The concept is to bring people from different backgrounds together using sports and, once again, I think we have achieved that."
> Abdul Boshir

Sharp practice

Iaido is a Japanese martial art involving the quick, controlled drawing of the sword, and striking or cutting moves.

WWW.KENDO.ORG.UK/IAIDO

A world-famous race

Some 56,000 people take part in the Great North Run, the world's biggest half-marathon. The 13.1-mile course takes in Newcastle, the iconic Tyne Bridge and South Shields.

SEE BELOW

I'm running ten 10ks and a half-marathon

BY PETER FAULKNER

EMMIE Morris has turned herself into something of an iron woman – and it's all because of her 52-year-old mum, Mandy Spring.

On September 7 Emmie, a finance lawyer who lives near Blackwell, ran in her seventh 10k race at Finsbury Park and, as East End Life went to press, she was about to compete in her first ever half marathon – the Great North Run.

The 10k race was all part of a challenge by magazine Women's Running, to complete ten 10k races, and a half-marathon in a year.

And Emmie, who is raising money for the National Osteporosis Society, is doing it to highlight the bone disease her mum has been suffering from for years.

Emmie, who turned 30 in February, only took up running a year ago to get in shape for her wedding.

But now she has got the keep fit bug.

"I started my running journey by entering the British 10k in July last year," she said.

"I got a real taste for it. Earlier this year, when I turned 30, I decided to set myself a few challenges, one of which is to complete a half marathon.

"I entered the 2013 Great North Run and decided I would really try to challenge myself along with ten 10k races this year.

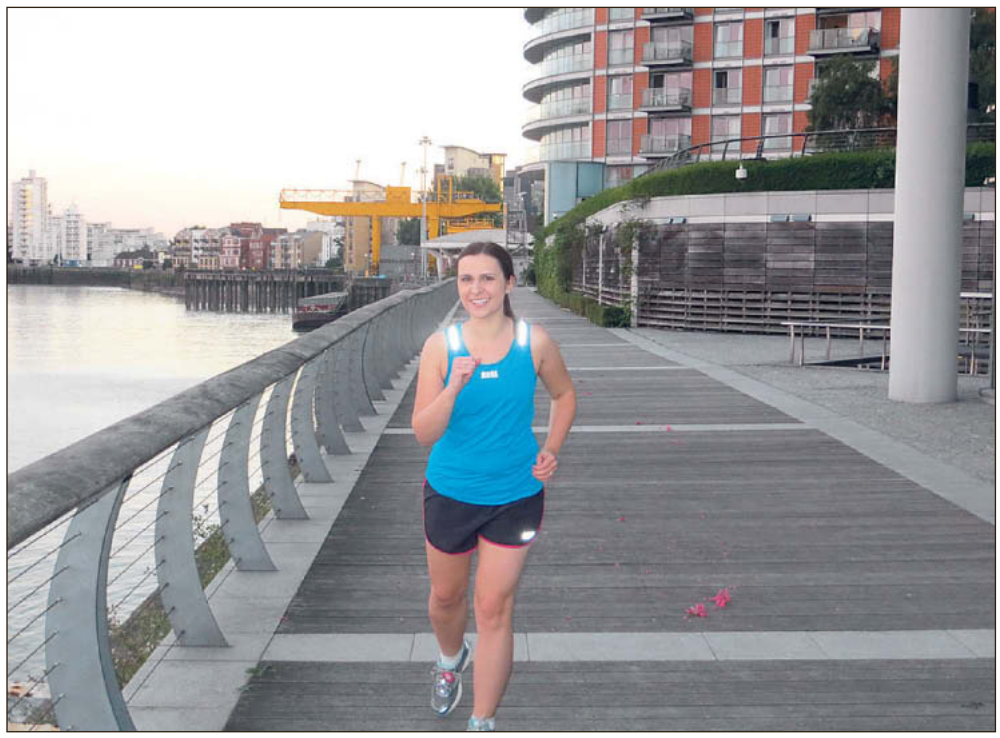
"Prior to this, I didn't train much – I mostly did a few dance classes so I have been finding it tough with work and general life to fit everything in, but I'm sticking with it as it's for a cause close to my heart.

"I'm hoping to raise money and awareness for the National Osteoporosis Society.

"My mum is only 52 and due to past complications and operations, she has aggressive osteoporosis. A lot of people see this as a problem that affects the elderly, but my mum has been suffering for years."

As East End Life went to press, Emmie had raised £666 in sponsorship for her entry in the Great North Run.

If you would like to sponsor her, visit **www.justgiving.com/Emmie-Morris**



Emmie Morris training by the river

Wapping by name, whopping by nature

Hockey

WAPPING Hockey Club begin their new league campaign this weekend knowing they cannot expand any further, no matter how successful they become.

The club, formed in 1989, had just five teams in 2004. Now they have 18 playing at John Orwell Centre, Wapping, and at Mile End Stadium.

They have reached their maximum size, prevented from further growth by local pitch capacity.

Club chairman Stuart Burnside said: "We now have eight men's teams, six ladies, two mixed and two indoor and our growth rate has been really quite significant.

"Our top tier team plays in the East Premier A, the third highest division nationally.

"A football comparison would be the equivalent of Leyton Orient, so that makes us the highest standard sports team in Tower Hamlets."

Wapping currently have 235 playing members and many former players are still involved, coaching and umpiring.

The club policy is to get Londoners into sport to build on the Olympics legacy. "We run dedicated beginners' training sessions, for people who have never played the sport, or who are getting back into it after a long absence," Burnside added.

"Social memberships are available for beginners to access facilities more cheaply while training and playing in low-level mixed games, before moving to full membership and more competitive single gender hockey.

"We have also partnered with East London Hockey Club, the other main club in Tower Hamlets, with whom we share Mile End.

"This means we target adults taking up the sport with the entry-level training, and East London partner with a local school to run a youth section.

"We also partner with one of our local facilities providers to jointly support a local charity and host a summer league for local employees to play as corporate teams.

"This helps fund the club, allowing us to have one of the lowest annual memberships."

For more details, visit **www.wappinghockeyclub.com**

Sport in brief

Buglioni aims to stay unbeaten

RISING middleweight star **Frank Buglioni** is scheduled for his tenth fight at Stratford's Copper Box Arena on Saturday.

The former Repton champion is hoping to maintain his unbeaten record and land a shot at the Southern Area title.

So far, six of his opponents have failed to last the scheduled distance and if he maintains this winning streak, a British title fight cannot be too far away.

"I'm really looking forward to the next 18 months," said Buglioni.

"I want to pick up that Southern Area belt and then climb every step of the ladder to the top."

Also on the card are controversial heavyweight Dereck Chisora, British welterweight champion Frankie Gavin, and Merseyside's exciting British and Commonwealth super-flyweight champion Paul Butler.

Anna Stone in action

French date for doc

UNIVERSITY of East London lecturer **Dr Anna Stone** will represent the UK in the European Iaido Championships in Montpelier, France on November 3.

Competing at one of the highest levels in European iaido, Anna, a senior lecturer at UEL's School of Psychology, has been practicing the Japanese martial art for 28 years and will compete in the rokudan (6th dan) category. The 52-year-old came second in the rokudan in the national championships in July.

Anna said: "It is a tremendous privilege to be selected to represent the UK."

Riverside fun

SHADWELL Basin Outdoor Centre hosts the **London Paddlefest** on September 21 at Shadwell Pierhead, Glamis Road, Shadwell.

The event is a great way to see the city, meet other paddlers, take part in fun activities, and raise money for Shadwell Basin.

Proceeds will enable Shadwell Basin to give children the chance to take part in water-based activities. For details, call 7481-4210.

Pool is back

THE eighth annual **World Cup of Pool** event will be held at York Hall, Bethnal Green, this week.

The instant knockout doubles tournament takes place between September 17-22.

Finland's Mika Immonen and Petri Makkonen will be defending they won in the Phillipines last year hoping for a share of the $250,000 prize money.

The event consists of three two-player teams, representing 31 countries.

Lions add two

LONDON Lions basketball team have signed two players for the coming season and both will make their debuts at The Copper Box, Stratford, in the next two weeks.

Former captain Mike Martin, who was with Lions for their play-off run-in last season, has returned. He has won every honour in the game and will be a key player this season.

Lions have also signed 6ft 5ins tall American guard Ben Smith, who led Wichita State basketball team to major titles.

In the spotlight

A FILM crew from new British TV channel BT Sport visited the **Trad TKO boxing gym** last week to talk to coaches and young prospects.

Among those interviewed at the Canningt Town gym were proprietor Johnny Eames, coach Jimmy Tibbs, and boxers Frankie Buglioni, Anthony Upton, Amro Azzat, rising female star Marianne Marston as well as former world title challengers, Bruce Scott and Mark Prince.

Doctor gets GB call-up

Dr Anna Stone (left), a psychology lecturer at the University of East London, will represent Great Britain in the European iaido championships in France this November.

SEE PAGE 38

Send your reports

East End Life welcomes reports from local sports clubs. Send them to east endlife.news@towerhamlets.gov.uk

Sport

Football round-up

Bengal hit back after two shocks

SPORTING Bengal suffered a nine goal nightmare in two matches, but bounced back on Saturday for a superb FA Vase victory.

The side travelled to face an in-form FC Broxbourne, currently top of the Spartan South Midland League.

But they shook off their 7-2 defeat against Takeley and a 4-2 loss to London APSA, to show their confidence hadn't been dented.

Sporting approached this game full of confidence and two goals from Bobby Redwood in the tenth and 52nd minutes and one on the stroke of full-time by Stephen Forbes, completed an excellent cup win.

Sporting's defeat to London APSA was the archetypal game of two halves.

A horror show in the first 45 minutes saw them concede four goals, but they showed great spirit after the interval.

London APSA were already out of sight by then, however, thanks to goals from new boy Richard Ofusu, a fantastic strike by Joshua Thomas, and two from man of the match Farhad Nyanja.

Sporting rang the changes at half-time and that changed the shape, if not the eventual outcome of the game.

On 66 minutes Sporting were awarded a penalty , but Shahed Ahmed's shot was saved by Mark Richardson.

Substitute Prince Pippin scored soon after and after 83 minutes Vinny Williams beat the offside trap to reduce the deficit to two goals. But the comeback was too late.

TOWER Hamlets Womens FC has a new sponsor in the form of Greedy Cow Burger & Steak restaurant in Grove Road, Mile End. The restaurant paid for new kit for the club's two teams after an approach by the club, whose nickhame is the Cows. The club, who play at Millwall Park, run two teams in Greater London Women's Division Two and Division Three. They finished third in the league last year and are the reigning holders of the Mayor's Cup.

FC Hamlets get off to a solid start

A SINGLE goal from George Oakley sealed this first win of the season for FC Hamlets over Rainham Working Men's Club.

After a strong pre-season with five wins and one draw Hamlets went in to this game looking to get their first three points of the season. The game started well with both teams playing attractive football and Hamlets creating the best of the chances in the first 20 minutes.

Forwards Simon Sibiroe, Ishmauel Carter and George Oakley used their pace and ability to cause many problems for Rainham, while Corrin Harrison, Rhonan Casey and Allan Smith controlled the middle of the park.

Hamlets once again looked the better of the two sides in the second half and in the 65th minute Oakley was set up by Carter and scored a wonderful goal tucking his shot past the keeper to register a good opening win.

Positive in defeat

Millwall show reasons for optimism for season ahead

BY PETER FAULKNER

Upper Clapton 48 – Millwall 14

MIllwall Rugby Club's visit to Upper Clapton may not have yielded a victory, but against higher league opposition they were still happy with their overall performance.

This was their final pre-season friendly and after a slow start in the first 20 minutes, Millwall began to pick up the pace, applying pressure to the Upper Clapton line in attack and shoring up what was initially a leaky defence.

With hard ball carrying from Matt Caldecourt in the centres and Tom Bradfield in the back row, Millwall succeeded in crossing the line through fly-half Andy Long. Upper Clapton offered plenty of return fire before half-time.

In the second half Millwall's pre-season work in the lineout began to bear fruit, with several opposition throws stolen by Dan Phillips and effective work on securing Millwall's own ball.

The scrum showed signs of creaking against the heavier Upper Clapton pack, but a strong performance from new tighthead Eoin McCabe and Michael Delastie ensured that there was not a complete walkover.

Of particular note was the return of Denis Spearman after several seasons' absence, providing an experienced head in a youthful Millwall team.

TWENTY east London football teams took part in a charity competition and raised £1,000 for the Stairway to Heaven Memorial Trust.

The two top teams from each of four groups then battled it out for a place in the final.

In the semi-finals Arbour Athletic had a 1-0 win over St Lucia United and Byron Athletic enjoyed a 2-0 win over Hale Rangers.

An excellent final went to a penalty shoot-out, which Byron clinched after Arbour hit the post and the Byron keeper saved two more spot-kicks.

The match officials and players were presented with individual awards by TV DIY expert, Tommy Walsh, who is also patron of the Stairway to Heaven Memorial Trust.

"He is a long-time resident in east London and a passionate supporter of local football," said a trust spokesman.

The charity still needs to raise a further £85,000 to be able complete the teak memorial at to victims of the Bethnal Green Tube disaster in World War II.

2012 hero

Paralympian Anton Raimondo on life as an international sportsman.

SEE PAGE 36

Charity match is heaven sent

Byron Athletic defeated Arbour in the final of a charity football tournament, which raised £1,000 for the Stairway to Heaven Memorial Trust. Tommy Walsh presented the trophy.

SEE PAGE 39

TOWER HAMLETS
eastendsport
NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Five medals for rowing masters

BY PETER FAULKNER

POPLAR Blackwall and District Rowing Club has produced another crop of golden boys to follow in the footsteps of club legends like Kenny Dwan and Bob Prentice.

In Varese, Italy, Bob Milligan, Ralph Humphrey and Shaun Martin competed in the prestigious World Masters Rowing Championships.

Not only did they pick up three gold medals but they also made a total of five finals between them, and were never out of the medals.

On Thursday, Humphrey and Martin stepped up to category B and took a silver medal, after overtaking Russian boat Dynamo on the line, in a breathtaking finish to the Masters B 2X in a final of eight. They also set a new personal best time of 3mins 18secs.

The following day, it was the turn of Milligan, in the Masters E 1X category, and he duly delivered, pulling away from the field at 750 metres to win in real style.

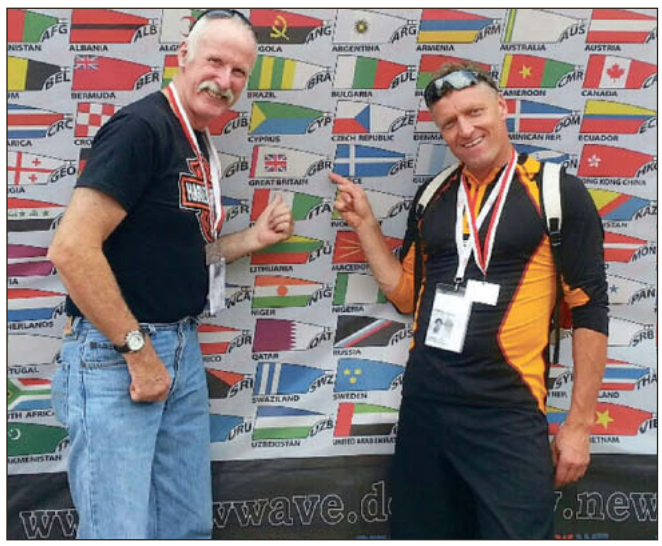
The same day Humphrey and Martin stormed to gold in the Masters C 2X, winning by two lengths to give Martin his first world masters crown.

Once Humphrey had recovered from that glorious victory, he partnered Milligan the next day in the Masters D 2X, again in an eight boat final.

Showing great stamina, they managed to hold off a late charge by the Czech team to win by just two seconds.

The day wasn't over yet as Milligan had to compete in the F 1X final. Milligan, despite his strenuous efforts in the previous event, finished with silver medal position in the F 1X final behind his German rival, who was pushed to the line by the east Londoner in a race that produced the fastest category time.

Club captain Chris Spence said: "This is the best ever haul for the club and everyone did us proud. Three gold and two silver medals was just phenomenal."



Bob Milligan and Ralph Humphrey

A SPORTS competition for residents aged over 50 was held at Mile End Leisure Centre. The fourth annual 50+ Young@Heart trials saw 58 people compete in sports including badminton, short tennis, table tennis, cycling, dominoes and swimming.
The winners will represent Tower Hamlets at an inter-borough sports competition in Brixton next month. Most of those who took part attend the weekly Young@Heart programme, which offers nearly 40 hours of sports and activities for over-50s, designed to highlight the benefits of sport and physical activity, and to encourage older people to use their local leisure centre and take up a sport.

Landlords, all properties urgently required
0% Commission with Guaranteed rents
We will pay up to 3 months rent in advance the same day you sign
• 2-5 years contracts available
• FREE electrical safety test
• FREE gas safety check
• FREE EPC
• FREE inventory
GUARANTEED RENTS
Your rent is guaranteed each month, even if your property is empty
elliotleigh.com 020 8983 4444

ICON COLLEGE
OF TECHNOLOGY AND MANAGEMENT
LONDON
Achieve your University Degree via HND at ICON College
Can't afford University fees?
AFFORDABLE UK DEGREES
Please see website
• Are you a mature student and have GCSEs & work experience ?
• Do you have A levels but missed your place at university or dropped out ?
• Then achieve a UK university degree via HND at ICON College.
Enrol Now
• BTEC Level 5 HND in Electrical & Electronic Engineering
BTEC Level 5 HND in
• Computing and Systems Development
• Health and Social Care
• Travel and Tourism / Hospitality Management
• Business / Business (Law)
Progression Routes
• BA, BSc, BEng (Hons) via HND
Final Year(s) at selected UK universities (subject to acceptance)
UK & EU STUDENTS ARE ELIGIBLE for STUDENT LOANS
Please see our website for details
"QAA reviewed"
See the web: http://www.qaa.ac.uk/InstitutionReports/reports/Documents/RG1014Icon_College.pdf
HIGHLY TRUSTED SPONSOR
edexcel Approved Centre
For further information please contact:
Unit 21-22, 1-13 Adler Street, London E1 1EG | info@iconcollege.com | www.iconcollege.com
ENROL NOW | CALL 020 7377 2800